

KI Jingtrel Bynrap

HA
Meghalaya

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KA TIEN SHWA

La kham slem, nga la don ka jingangnud ban
pynmih ia kane ka kot kaba dei ia ka trei ka beng
ki nongshong shnong jong ngi. Don katto kattne na
ki jingtrei kiba la ju don naduh hyndai hynthai
hynrei ngi la nang iehnoh ia ki. Shisien ba ngim
trei shuh, kin sa shu juh jyndam bad ngin sa Klet
jynduh ia ki. Da kaba pynmih ha ka jingthoh, nga
don ka jingkyrmen ba ngin klam niewkor ia ki -
kumta ba ngin ialeh ban pynneh pynsah ia ki bad
ba kin ioh ka jaka pdeng ha ka trei ka ktah bad
ka khih ka kamai u paid Ka Ri.

Ki don bun bah ki jingtrei kiba ngam pat ioh
ban pynrung hangne. Ha ka jingshisha, kane ka dei
tang ka jingtrei *Siangrud* ia ka phangbah Kaba iar
ha kane ka lyngkha.

Ha kaba lum jingtip ia ka trei ka beng *tawior*
U Sohpet bneng, nga shem ba nga la pyrshang ia
ka kam kaba eh *tiang*. Ki nongpule, lehse, kin lap
byllai ki jingduna hangne hangtai bad ngan pdiang
ia ia ki jingpyni jingmut lem ban kham pynbha
ia ka.

S. Khongsit

"Shynna Diengiei"

San Mer, Upper, Shillong.

7th. November, 1985.

JINGSNGEWNGUH

Ha kaba pynkhreh ia kane ka Kot, nga la ioh ka jingiarap ba khlem tyngkai na kito baroh kiba nga wad jingiarap bad khlem ka jingiarap jong ki. ng n ym jin da la lah ban pynmih ia kane ka kot kumba ka long. Ka jingiarap jong ki ka long kaba ngan iai sah pyrto. Nga kwah ban niew kyrteng ia ki hangne hynrei ngam iai lah kynmaw lut. Kumta nga buh ia kine harum bad nga panmap na kito kiba lehse nga kum klet. I parad Kynji Shadap na Sohndan, bah Obel Shadap, bah He Mangu na lamkhon, i Meirad Ronia Lamire na Mawpat, kong Noris Suphai, meirad Silan Suphai na Sohndan, bah Krowell na Mawpat, parad Jat Muktieh na Korhadem, i kong Nari Shyila na Tyrshang, i Meirad Phrir Chen bad i Babu Dio Lewis Hadan na Shangpung, i bah Borson Sohphoh na Mawkum'ha, bah Helik R y Thabah na Nongmawjei, bah Tai Singh na Nongmawlem, bah Loris Marngar na Tynghor, u bah Theograt s bad bah Nimad na Umsohpieng, bah Samuel Sangma na Aradonga, bah Lakim Lyngdoh na Umwai, bah Ronit Khongsit na Khrang, bah Standford Syiemheh na Mawpha, Babu Standford Sohkhlet na Diengsong, kong Thup-er Tyngsong na Jnniutmar, i kine u bah Kebin Swet na Shala, bah Tisingh na Umkyrtang, bah Dosing na Umta U Syiem Lokendro na Jirang, bah Khatoshon Muktieh na Umlaper, bah Basing Umbah na Umrason, Mr W.C. Marak na Magupara. Parad Jubon Majaw bah Rished Shabong, bad Koren Khongsit na Kongthong, kong Lida Khonglan na Sohkynduh, bah Bronel Khongji na Laitnawsiang. I Ma Nodon Roy Khongsit na Nongthymmat, Mrs. H J Sangma, (Retired) -Deputy Director, Information and Public relation, Meghalaya. U Bah Sindro Lyngdoh Nongkynrih. Kong Dri Nongrum na Swer, bah Firmly Star Lyngdoh na Mawjrang, bah Dring Kuikujuh na Mawklot, bah J. Syngai na Kutmadan, bah Spiton Kharakor, bah K. Nongpiur, bah Bim Lyngdoh na Nongbsap, bad bah Kingsley Jones Wahlang na Warmansaw. Ka jingsngewnguh eh ia i Ma Isbad Diengdoh Bah Isko Swer, bah J. Shadap bad Ki Department. bad Agency kiba la ai Display Advertise ment.

Nga pynpaw ka jingsngewnguh ba kyrpang ia kine ki Rangbah kiba la iarap shibun eh. U Dr. J.K. Durong, Deputy Director, Agriculture, Meghalaya, wat hapdeng ka jingbun kam, u lypde lut ia ki lynnong kiba iadei bad ka jingrep bad u la ai jingmut shibun ban pynbha ia ka kot. Bah R.C. Khongwar, Addl. Director Agriculture, Meghalaya uba la pynshlur shibun eh ba ngan pynmih ia kane ka kot. Nangta shuh shuh U D. E. Lyngdoh, Health Adviser, Meghalaya uba la kloiban ia pynbeit ia ki Officer ki ban peit bniah ia ki jingbam rep, bad ia ka bor tei met jong ki Ka jingsngewnguh eh ia u Mr. G.S. Kharmalki, State Health Education Officer, Meghalaya, uba la peit bniah (analyse) ia uwei pa uwei u jait jingthung ba nga leit rah, ban shem u don aiu ka bor ban tei ia ka met u brieu, ka jingsngewnguh ia u Dr. J. Joseph, Deputy Director, Botanical Survey of India bad u bah T.M. Hynniewta Systematic Botanist kiba da ka jinglak! i' ki la iarap ban identify bad ai ia ka kyrteag Science jong ki jingthung, U Dr. J.R.B. Alfred, Dyputy Director Zoological Survey of India uba la iarap ban identify bad ai ka kyrteag science ia ki ngap kiba don ha ri Khasi. U Mr. R.D. Patil, Director, Geological Survey of India, Assam—Meghalaya Circle bad u Dr. R.P.S. Pahuja Geologist (Sr.) kiba la peit bniah ia ki khyndew *Dawiong* bad *Dawkhluit*, ba pyndonkam ha kaba thaw khiew ha Tyrshang bad ki la shem ruh balei ba ka bha eh ban thaw khiew bad ruh ia ka dewbyrtha na Sangmein. Khatduh ka ka jingsngewnguh bym lah klet shuh ia i Mei jong nga, I Norin Khongsit (ba la khlad) iba la ai bun eh ki jingtip ia ki jingrep barim ha Khadar-Shnong.

S. Khongsit.

KI LYNNONG

1.	U Phan Karo	1
2.	Ka jingrep Shriew	4
3.	Ka Kait	8
4.	U Raisoh	11
5.	U Sohriew	12
6.	U Sohphlang	16
7.	U Raishan	19
8.	Ka jingrep Paandieng	22
9.	Ka jingrep Rymbai Ktung	25
10.	Ka jingrep Rymbai Ja.	29
11.	U Ararut	30
12.	Ka jingrep Raitruh	32
13.	Ka jingrep Soh	35
14.	U Shynrai	39
15.	U Solikynphor	43
16.	Ka jingrep Kynphae	45
17.	U Soer	48
18.	Ka jingwiehrong Jain	51
19.	Ka jingrep Laha	54
20.	Ka jingthaw khiew ha Tyrshang	57
21.	Ka kam thaw Snad ha Khrang	61
22.	Ka kam Ri Ngap	63
23.	Ka kam thain Shyllah	70
24.	Ka jingthain Knup ha Unwai	73
25.	Ka kam thain jain ha Ri Bhoi	77
26.	Ka jingrep Kophi ha Khadar Shnong	80
27.	Ri Snang ban ioh sboh	83
28.	Ka thaw ka wet ha Garo Hills	86
29.	Ka jingshna Kharsia	87
30.	Ka jingrep siej	89
31.	Ki Pynriewspah ia ka ktien	93
32.	Khyndiat ia ka kam ri khniang Rusom ha ri Bhoi	97
33.	Ki Bor tei met ki jingbam rep	99

U PHAN KARO

(CONVAN VULACE IHOMEA)

UPhan Karo Ha Khadar Shnong

U Phan Karo u dei napdeng ki jait jingthung ba la ju rep naduh hyndai hynthai eh ha ka thain Khadar Shnong. Ia une u Phan don kiba khot u phan thiang, don pat kiba khot u phan Bilat. Ka kyrteng tynrai, la ong ka dei u phan bilat. Ka jing-khot phan Karo imat ka dang long ynda kha n hadien. U Phan Karo u don bun jait. Ki jait kiba kham ia thung kynrei la ai hangne :

1. U Phan Bilat : Ki sla jong une u jait ki rit bad long shrong bad shroin. U dohmet uba lieh shai rong eh. U iadei ha ki ri syaid. Katba lah ban tip, une u phan u dang sah symbai ha Kongthong.

2. U Phan Lieh : U shrong sla. Ki shyieng sla (ribs) ki thoh saw. Une u jait u kham met ha ri syaid bad ba long 'dewmaw. Ki dohmet ki lieh bha bad puh phom phom. U jyntang jong une u phan um ju pur jrong.

3. U Phan Sawlia : Une u jait u saw hoin hoin. U met bha ha ri jrong bad ri tbian. Ki jyntang ki pur jrong Um puh kum u phan lieh

4. U Phan Klong : U dohmet jong une u jait u kham pyllon bad syriem ia u klong. U dohmet u lieh.

5. U Phan Nongblai : Une u jait u syriem ia u phan klong tang-ba u doh net u saw. Ki sla lung ha kliar ki byrsaw,

6. U Phan Lyer : Une u jait uba pur jngai. Ki sla ki long shrong. Ki jyntang ki heh. U dei u jait u bym da met. Bun kiba pynduh symbai noh ia une u jait.

7. **U Phan Symbor** : Ki sla jong une u jait ki heh bad lam pyllun, U dohmet u lam saw blad. U long uba eh met. Um da phuh kum u phan lieh.

8. **U Phan Jong** : Une u jait uba bang shibun eh namar u phuh bad jem ni. Ki sla ki long jngum ha kliar. U dohmet pat u long saw byriong. Mynta ki la ia pynroi ia une u jait. La ju khot ruh u phan Lising.

9. **U Phan Thyrnia** : U syriem ia u phan lieh. U rit sla bad ki dohmet ki lieh.

10. **U Phan Thrapp** : U dohmet jong une u jait u saw bad u sla u stang bha. U syriem ia u phan nongblai bad phan iong, hynrei u tymmen kloi khamtam ha ka por pyrem. Ha ki por dang kham mynwei, la iathuh ba ki ju koh khun da une u jait namar ba u jem bha.

11. **U Phan lieh Mawphu** : Une u jait u heh sla bad uba met bha, tangba um da phuh.

12. **U Phan Mawshuit** : Une u jait uba met bha tangba um phuh. U sla u stang shibun eh.

13. **U phan Amerika** : U dohmet jong une u jait u stem naduh napoh haduh u snep. U jyntang u lynglot, um pur jrong. U sla u lam byrsaw. U jied khyndew than. U sla u syriem ia u phan klong. Mynta une u phan u la jan duh jait, namar bym don ba pynroi ia u.

14. **U phah klong stem** : U sla jong u u long kum u phan klong, u snep jon; u dohmet u lam stem. U dei u jait u bym phuh.

15 **U phan snriew** : Une u jait uba phuh bha. Hapoh ka syrtap snep u saw hoin hoin. Uba bang shibun ban bam. Um da kham shan ban buh stem.

Ka Por thung :

Ha ka thain Khadar Shnong, ia u phan karo ki thung tang shu ioh slap. Kata naduh u Iniong ne Jymmang. Ha ka por ba d ng lap, ki shu thung jymmew (thung niar). Ka por thung phan Raro ka neh haduh u Risaw bad Naiwieng.

U Jyntang ban thun :

Ia u jyntang (thning na ka bynta ban thung, ki dkhat da uba dang khie luug thymmai.

Ka Rukom Thung :

Ha ka jaka rep shyrtie ka rukom thung ka don bun rukom. Ha ka liang ka jingkhah jingniar, ha ki bnai Iaiong bad Jymmang ki shu *jymmew* (thung niar) saw ne san phut na uwei ha uwei u tynrai. Hapoh ar bnai ki la ioh sla ne jyntang na u phan jymmew. Kim donkam shuh ban leit kit sla na shawei. Ha kane ka por, ki thung khah bad ki khot *thung lyngki*. Hangne ki thung lang bad kiwei ki jingthung.

Sa kawei pat ka rukom ka dei kaba ki khot ka thung phan tih kdait Ia kane ka rukom thung, ki leh ha ki bnai Risaw bad Nawieng Ki shyrtie shwa ia ka syllai, ki sa thang bad haba la dep thang ki tih na rat lut ia ki kdait, ki lynnai. Katba nang dep tih, ki nangthung Kim ju buh teng namar ka por ruh ka la nangdier. Ha kane ka rukom thung, ki thung lyngki.

Sa kawei pat ka rukom thung ka long ha ka juh ka rukom kum kaba thung phau tlang ia u phan myngngor. Ha kane ka rukom thung, ki prat niut, ki lum kyntem bad sa tep khyndew. Ia kane ruh ki leh ha ki bnai synrai. Haba thung phan karo ha ka kyntem ki thung khah bha.

Ka por tih :

Ka por tih phan karo ki sdang naduh u Naitung (July). Kumta ki ioh ban bam phan karo naduh une u bnai lynter khlem dkut shuh haduh u November-December. Haba ki tih phan karo, ki shim ia u bahch bahch dwei ne artylli na uwei u tynrai Hadien artaiew ne shubnai, u la nang met bad la long ban leit tih biang. Kumta shi kumta ki leh ha kane ka rukom haduh baa da poi u bnai tlang. Da kaba leh kumne, imat u kham bha, namar ioh ban thiew lut ia ki niut kat kiba nang mih bad ha kajuh ka por ki btep ia u jyntang thymmai ba un nang met thymmai.

Katno u neh :

Ha ka khyndew kaba bha, u phan karo u ai jingmyntoi haduh lai snem. Haba la dap lai snem, ki tih lut noh, ia kane ka rukom tih ki khot "*u phan tihduh*".

U Phan Karo u long u jingbam uba bha shibun eh. U dei u jingbam ba kongsan jong u paid Khadar Shnong. Une u jait jingbam u kyrshan bun bnai hopoh ka snem,

U jyntang phan (thning) u long uba mih pisa shibun. Ka jingpynmih sla phan na Khadar Shnong ka jur sibnn. Ki ju leit dei ha ki iew sha Laitlynkot, Mawjrong Ladnawphlang, Sohrarim, Laitryngew bad shawei.

Une u dei uwei na ki jingrep ba kongsan ha Khadar Shnong.

— — —

Ka Jingrep Shriew

Ka shriew ka dei kawei na ki jingrep ba kongsan ha Khadar Shnong naduh hyndai hynthai. Ka long kawei na ki jingbam ba kongsan. Ka long ka jait jingbam kaba pynkhlun bor met shibun. Nalor kata ka long ka jingbam kaba bang shibun. Ki non-grep kiba rep bun, ka por bam shriew ka sdang naduh u bnai Risaw bad neh haduh ki bnai Jylliew-Naitung.

Ki Jait :

Ki don bun jait ki shriew. Don ki jait kiba met heh, don kiba met rit, don kiba ih kloï haba shet, don pat kiba dei bun da pyoh. Kine harum ki long ki jait shriew kiba kham ia rep ha Khadar Shnong.

1. Ka 'Riewkar : Kane ka jait ka met pyllun. Ki sla ruh ki lam pyllun. Ka long ka jait kaba met heh shibun, ka lah ban khia haduh 5 ne 6 kg. kawei. Ka 'riewkar ka long ban rep 'shisnem bad ka iadei ruh ban ieh *riew snem* (ar snem).

2. Ka Riew Keng : Ia kane ka jait ki ju ieh haduh arsnem, ka bha eh ban rep ha ki jaka dymmiew. Ka iadei ban rep ha ri tbian bad ha ri jrong ruh. Ka dei ka jait ba la ju rep uaduh hyndai hynthai. Ka long ruh ka jait kaba neh bad iadei ban buh slem. Lada tih ha u December-January, ka dang bang bha ban bam haduh ki bnai lyur bad synrai. Ka dei ka jait kaba met heh. Ha ka khyndew kaba bha ka lah ban khia haduh 10 kg. kawei.

3. Ka 'Riew Pdah : Kane ka jait kaba eh met. Ha'ba shet dei ban kham *pyoh*. Ka long ka jait kaba neh ban buh slem. Ka wang jong kane ka jait ka lam byllieh.

4. Ka Riewlar : Kane ka don jingiasyriem shibun ia ka riewkar. Hynrei ka don ka jingiapher ha ka liang ka jingbun khmat. Kane ka jait ka don bun khmat, bad ka dohmet ruh kam da pyllun.

5. Ka Riew Dahri : Ki wang jong kane ka jait ki long byrsaw. Ka dohmet ka heh bad jrong. Ka long ka jait kaba bang bad shah ban buh slem.

6. Ka Riew Dienglieng : Kane ka jait kaba byllieh wang. Ka Johmet ka jrong bad ka don ki jingthoh pan baroh shi rnyieng.

7. Ka Riew phangong : Kane ka byllieh wang. Ha Laitmaw-wang ki khot ia ka ka 'Riew Umni. Kane ka jait kaba bun khun. Ka long kaba ih kloi bad ba bang. Ia ka 'riew phangong ia than; khnang ban ioh bam riewkhun.

8. **Ka 'Reiw Wai :** Kane ka jait ruh kaba bun khun. Ka wang ka lieh bad ka dolimet kaba jemni shibun.

9. **Ka 'Riew Pakhiah :** Ka long ka jait kaba ih kloï shibun. Lada shet tang kumba shet phan bilat kala ih. Ka wang jong ka ka lieh, Ka dohmet ruh ka lieh.

10. **Ka 'Riew Saw :** Ka wang ka syriem ia ka wang jong ka riew dahri. Ka met jong ka ka saw. Ka long kaba bang shibun ban bam

11. **Ka Riew Khnap blang :** Kaba lieh wang bad ka long kaba bun khmat eh.

12. **Ka Riew Khynrin :** Kane ka jait ka long kaba met jrong syriem ia ka 'riew phan,

13. **Ka Riewphan :** Ka wang ka long byisaw. Ka dohmet ka jrong bha. Kaba ih kloï ban shet

14. **Ka Riew Siaiong :** Kane ka syriem ia ka 'Riew dahri tangba ka wang ka kham byriong.

15. **Ka 'Riewsaan :** Kane ka iadci eh ha ri jrong bad ka long kaba ih kloï.

16. **Ka Riew bam im :** Kane ka jait kaba ki pyndonkam tang ia ka wang. Ka long ban bam im bad ban shet ruh. Ia pyndonkam ia ka sla jong ka ban tap na khlieh u nongpang haba u lynga ba jur eh ka jingshit Tang shu tap ka pynmih syep phak.

17. **Ka Riew bam im lieh :** Ia kane ruh ka jingpyndonkam ka long ha ka juh ka rukom kum ka 'riew bam im iong.

18. **Ka Riewtong :** Kane ka jait shriew ka kham iadci ha ri jrong. Kane kaba ih kloï bad eh met. Ka long kaba bang shibun.

Ka Por Thung :

Ki thung haduh u Lber haduh u Iaiong. Ia ka 'riew snem dang biang ban thung haduh u Jymmang.

Kaba thlew kynbat :

Haba la sdang heh u niut, ki nongrep ki thiew kynbat. Ha kane ka por, ki weng arted ia ki dieng ki siej ki bym shym ing ha ka por ba thang shyrtie. Ki thaw ki *Kyrnot* ban ioh buh ia u kyn-tat bad ruh ia ki dieng ki siej, ki lyngkhot lyngkhai.

U Niangriej :

U Niangriej u long uba pynduh eh ia ka shriew. U niang-riej u jur eh ha ki ri jrong bad jaka ba kham dymmiew. Ha ki ri war, um da kham don. Ha ki jaka ba bun niangriej, lada ym leit wad niangriej tista, un bam lut khoit baroh shi lyngkha. Ha ka shi-aiom ki wad niangriej haduh lai ne saw sieu. Kawei kaba ki nongrep ki ju leh ka long, ban leit ap bad ban kem ia ka kmie niangriej man ka step bad janmiet ha shwa ba kan kha pylleng.

Ka Por Tih Shriew :

Ia ka shriew ju tih ha ki bnai November haduh January. Ia ka 'Riew snem ki ju tih kham dier ruh.

Kumba ia ong sha khmat, ka shriew ka long kawei na ki jingrep ba kongsan ha Khadar Shnong haduh mynta mynne bad ka long ruh kawei na ki jingbam ba kongsan. Ia ka shriew lah ban buh bun bun bnai. Ka shriew kaba tih ha ki bnai tlang, lah ban buh haduh ki bnai lyiur, bad la shem ba haduh ki Naitung — Nailar ruh kam pat lei-lei. Ka dang bang bha ban bam.

Mar iakut ka thma bah kaba ar la don ka nemsniew kaba jur. La lynniar kaw u paid duk ka thain Sohra bad Riwar baroh. Ha kata ka snem, ka dor u khaw ka long shityngka lai tin pawa. Ha ki bnai June-July jong katei ka snem, bun ki ia im thngan da kaba leit thied shriew na Mawshuit na ki nongrep ba khraw kamai jong kito ki shnong bad ka dor shikhoh heh ka long lai tyngka.

Ha ki tnain Khadar Shnong, kito kiba la rep bun, ki ju pynpyut khnang ia ka shriew khnang ban ioh bam ja. Haba ka la pyut, ki sdieh tyrkhong bad kynrut. Ia kane ka ja ki khot ka *Jamawbam*. Ka rong jong ka ka saw syriem ia ka ja kyndeh.

Ka Jingbam Kaba Pynkhlain :

Haba bishar na ka jingkhlain ki briew kiba bam phan bilat bad bam shriew, lah ban ong ba kine ki jait jingbam ki pynkhlain ia ka hor met. Don na ki shnong ha Khadar Shnong, haba ki leit

iew Sohra, ki mih na ing naduh 2 ne 3 baje mynstep. Ki laid 6 ne 7 kynta haduh ban da poi iew. Ynda wan phai ruh ki kit jingkit. Hynrei kum lashai ka sngi, ki leit iew biang sa sha Laitryngew ryngkat bad ki jingkit bad leit bad wan. Ki jingbam rep ba kongsan ki long u krai, ka shriew bad u phan bilat. Lehse ngim bakla ban ong, ba kaba pynkhlain ia u briew dei ka jingbam. Kine ki jingbam lehse ki long kiba kordor eh.



KA KAIT

Ka kait ka dei kawei na ki jingbam ba kordor eh. Ka kait ka dei kaba la ju don naduh hyndai hynthai. U longshwa jong ngi u la jied ia ka kait ban long ka jingbam khunlung. Ka jingjied ia ka kait imat kam da dei eh tang namar ba ka jem, hynrei namar ba lah ban ioh ia ka ha baroh ki saw samoi jong ka snem. Kiwei kiwei ki jait soh, kiwei kiwei ki jait jingbam ngim lah ban ioh lynter kumba ioh ia ka kait. Kumta ka long kaba da iadei bha ban jied kum ka jingbam ia ki khunlung. Ka long ruh ka jingbam ba kordor ia kiba la san. Don kiba batai ba ka kait ka dei ka jingbam kaba iarap ia ka bor jabieng.

Ka kait ka long ka jait jingbam kaba kordor shibun eh, ka don ha ka ia kita ki bor jingbam kiba ka met u briew ka donkam eh ia ki. Ka kynthup ia kita ki bor jingbam ba ki khot ka Calcium, iron, ki Vitamin C, Vitamin B, Protein phosporus, ka don bun ka carbohydrate bad kiwei kiwei de ki bor jingbam.

Ka Kait Symbai : Ia ka kait ki thung da ka khun (sucker) kaba dung hapoh shisnem ka rta.



Ka kalt khar kaba la raw
Lada ym kyrshan kan khein ba khia ki soh

Ki Jait Kait :

Ka kait khun : Ha ki thain Sohra, ki khot ka kait khun ia ka kait khar namar ki ai khunlung da kane ka jait. Ka kait khar ka long kaba bha eh ban ai khunlung. Kam don ksai kum ka kait mon. Ka jem ni bad ka biang bha ia ki khunlung ban bam. Nalor kata, ka long kaba kham jem dor. Kumta u duk u suk baroh u kotbor ban thied ia ka.

Kane ka kait kam dei kaba jied khyndew. Ka iadei ha ri jrong bad ha rit bian ruh. Ka long kaba neh bun bun snem, Ka sdng soh hadien ar-snem naduh ba thung. Ka soh ruh bun nat ha ka shi tangwai.

Ka kait Mon : Ia kane ka jait ha Shillong ki khot ka kait khun: Haba la khoh ia ka snep, lah ban pynkhlad ha ki lai liang da kaba suk. Kane ka jait ka kham jied khyndew. Ka kham iadei ha shnong ba *sma briew*. Sha lyngkha, lymda dei ka dew bha eh, kane ka jait kan ym bha Ka long ka jait kaba soh heh shibun. Haba ka la soh dei ban kyrshan diengtnd, lym kumta, kan khein ne kyllon namar ba ka khia Kaba heh rynieng ka soh kumba 7 ne 8 nat ha ka shi tangwai.

Ka kait jingka (jaji ne jahaji) : Kane ka dei ka jait kaba ki ong, kaba jied khyndew eh Lada ym loh dew bha ne ri iaw kam long. Kane ka dei kaba jrong soh bad thiang shibun eh. Kam ju soh bun nat Kaba heh eh ruh ka don tang kumba 7 ne 8 nat. Kiba shu pdeng ki soh tang kumba 5 ne 6 nat,

Ka kait lbuit : Kane ka syiem ia ki kait jingka tangba ka lyngkot rynieng ki sla ruh ki lyngkot.

Ka kait syiem : Ia kane ka jait don ruh kiba khot ka kait shini Ka long ka jait kaba soh bun nat bad kaba thiang shibun.

Ka kait saw : Kane ka jait ruh ka long kaba thiang shibun eh. Nalor kine, don bun jait kiwei kiwei ki jait kait kiba ki ia thung ha la ki jong ki jong ki thain. Ha ki thain West Khasi Hills ba ia khap bad ka Assam, ki don ki kait kiba ym don ha ri war. Kine ki long—Ka kait German, kait sahep, ka Amrit, ka Chini Champ^a etc.

Ha ki thain West Khasi Hills kiba ia khap bad ka Garo Hills, ki ia thung bha ia kine ki jait kait—ka kait German, ka kait Sahep, ka kait Malbuk, kait Syiem, kait thang etc.

Ki jingpang :

Ka jingpang kaba ktah eh ia ka kait dei ka jingpang khlam. Kane ka jingpang haba ka ktah, ka pynran ia ki lung bad ka pynthoh khrew ia ki sla.

Ki Dak (Symtoms) : Na ka jingshem u nongrep, haba ktah kane ka jingpang ka don dak thoh lyngwiar ha ka dohnud (lung).

Don sa ka jingpang ba ki khot ka Iaptram. Don ruh sa kiwei ki jingpang kum ka Iap rnyieng.

Ki khniang (Pest) : Ki don ki niangriej bad niang bsein. Kine ki jur eh ynda haba la long syllai,

Kiwei pat ki khniang kiba rah jingpang ki don kiba ki khot ki niang iong. Kine ki heh kat ka simad. Ka dei kaba eh sner. Kine ai shong ha ki kop iap ba sdang pyut. Kane ka khniang ka pynphriang jingpang.

Kaba sohkhruh ki soh : Kane ka long kaba pynsniew dur eh ia ka kait. Ha ka jingshisha, ka shu pynsniew dur, hynrei ka kait sohkhruh ka thiang bha. Don ki nongrep kiba ong ba ka kait kaba sei ha u Iaiong, ka da sohkhruh rben bha.

Ka kait sei tlang : Ki kait sei tlang la ka dei na kano kano ka jait kait, kam meng satia. Don teng-teng ba kaba sei ha u 'nai khriat ka rit shnar kum ki shympriah. kane ka long kaba shitom ban kiar, lait sa tang lada don lad ban pynsuki ba kan dong.

Ha kaba pynkut la sngew dei ban ong ba ka kait ka dei kawei na ki jingthung ba dei eh ban pynshlur ban iathung ha la ki kper. Ka daw ka long namar kaba ai soh ha baroh ki saw samoi. Kumta haba ngi lah ban rep hi la ka jong, ngi lah ban ai ia ki khun jong ngi barabor ia kane ka jingbam kaba bha.

U RAISOH

U raisoh u dei uwei na ki jait jingrep ba la ju don naduh hyn-dai hynthai. Une u jait krai u iadei bha ha ki ri syaid. Don kiba khot ia u, u krai tdong miaw.

Ia u raisoh lah ban pynbynta ha ki arbynta. Uba man lap bad uba man dier U jait uba man lap, u shim por tang kumba saw bnai. Ki ju bet ia u ha ki bnai March-April bad ot ha u June ne July. U jait uba man dier ruh ki bet ha u juh hi u bnai hynrei n man haduh u November ne December. Hynrei ia une u jai kim da kham rep. Ki ju rep paidbah ia u jait uba man lap (early variety).

Ki raisoh ki don bun jait Katba lah ban lum, ha ki thain Khadar Shnong, kiba kham kongsan ki don lai jait.

1. U Raisoh Tham : U jyntang jong une u jait u lam byrsaw bad u kham khlaln shibun.

2. U Raisoh stem : Une u jait u kham bang 'an ia u raisoh tham

3. U Raisoh iong : U soh jong une u jait u iong Kane ka jingiong ka dei tang ki stait, hynrei ki symboh ki stem kumjuh kum kitei kiwei ki jait

Ha ki thain Umsohpieng (West Khasi Hills) ki rep bha ia u raisoh haduh mynta mynne. Ki raisoh ruh ki don bun jait. Napdeng ki jait raisoh kiba ki kham ia rep paidbah ki long kine:—

1. U raisaw mut shir
2. U rainiuh ne rai maro
3. U raisoh pujob
4. U raibit langkse
5. U rai pongthong

Hapdeng ki nongrep jong ngi, khamtam ha ki ri war, ka por lyiur ka dei ka aiom kaba kham kyrduh ha ka liang ka bam ka dih. U raison u dei u jingrep uba ki nongrep ki ioh ban ot ha ki

bnai lyiur. Kumta u long uba iadei eh ban rep na ka bynta ban pyndap bam ha ka por kyrduh jingbam. Nalor kata, u dei u jingrep uba la u don lypa ha la ka ri naduh hyndai hynthai Ka long namarkata kaba dei eh ban ia pynneh pynsah bad nangpynroi irat ia ka jingrep raisoh.

Ka jingmih : Haba u bha, eada bet shi kilo u symbai, lah ban ioh haduh snibyri (sniot). Haba shu pdeng, u mih kumba shi-teng byrni.

Uba suk ban trei : U raisoh u long u jingrep uba suk eh ban trei Kiba bun ki nongrep raisoh ki ong, ym da donkam ban thiew niut Haba la dep ban bet, shu ap beit tang ia ka aiom ot. Ka daw jong kane ka long, namar ba u dei u jingthung uba long kloi. Ka niut kam pat kloi san, hynrei u raisoh u la long ban ot. Kaba ngi ju iohi ka long, u niut u sdang ban heh ha ki bani June-July.

Uba bang ban bam : Haba la pynkhuid, ki symboh jong u raisoh ki syriem ia u raishan. U long uba ih kloi ban shet. u long uba bang shibun eh Lada shet ha ka rukom kum ba shet suji ruh u long.



U Sohriew

U Sohriew u dei uwei na ki jait jingthung ba la ju rep naduh hyndai hynthai. U long u jingthung u bym jied kyndew, wat ha ka khyndew ka bym sooh ruh u man bha. U Sohriew u iadei ha ri thian bad ha ri jrong ruh. Nalor kata, u iadei ha ryngngi bad ha ri dymmiew ruh. Bun na ki jait jingthung, kim lah ban pyn-iadei ia lade ha ki jaka ba pher ha ka shit ka khriat etc. kumba iadei u Sohriew.

La kumta ruh, lah ban pynbynta ia u sohriew ha ki ar jait —u *Sohriew ri tbian* bad u *Sohriew lum*. U sohriew ri tbian u kham heh shibun naduh u jyntang haduh u soh ruh ban ia n sohriew lum. Nalor kata, u sohriew lum u kham man lap ban ia u sohriew ritbian U sohriew lum u man ha u October, katba u sohriew ri tbian pat ha u December. Ia u sohriew ri tbian lah ban thung ha ri lum ruh.

Ia u sohriew ki rep ha ki bynta ba pher ka ri Khasi. Don bun ki jaka mynta ki la pynduna eh ia ka rep sohriew. Don katto katne ki nongrep kiba la iehnoh syndon ban rep sohriew. Ka daw kam dei namar ba kim sngew myntoi, hynrei imat namar ba la kham ia beh ia ka rukom bam ba mynta.

U Sohriew u long uba suk shibun eh ban rep. Namar ba u long uba jrong rynieng, ym da donkam ban thiew bha ia ki niut. Ha ki jaka ba u heh bha lei lei, ia ki niut ym donkan ban da thiew hynrei ki shu mait da ka wait. Kumta um dawa bun ka jingsumar ia u.

Ka por thung : Ia u sohriew ka biang ban thung ha ti bnai April—May.

Ka rukom thung : Ia u sohriew haduh mynta ki shu rep ha ka jaka rep shyrtie khlaw. Hab u thung sohriew, ki shu dung ha khyn-dew da u dieng ba la lit nep bad thep ia ki symbai hangta Ha ka shu tynrai ki thep 4 ne 5 tylli don ruh kiba thep pahuh 7 ne 8 tylli.

Ka jingkhah jingniar : Ia ka jingkhah jingniar, ka shong eh lađa ha kata ka lyngkha ki thung tang u sohriew ne ki thung khleh bad kiwei ki jingthung. Lada thung tang u sohriew ki *thung lyngki* (thung khah) kumba arphut shiteng ne lai phut na uwei ha uwei u tynrai. Hynrei lada thung khleh bad kiwei ki jingthung kum u krai, shriew etc. ki *thung jymmew* (thung niar).

Ka Por kheit : U sohriew u sdang soh nadnh u Nailor—ne Ri-saw. U dkut sohpert ha u Naiwfeng bad iaw (mature) ha ki Nai-wieng—Nohprah. Kumta ka por kheit sohriew ka biang ha u Nohprah.

Ka rukom kheit : Ia u sohriew ki kheit ynda haba u la lieh bha. Ka rukom kheit ka don arjait. Kawei ka rukom kheit ka dei da kaba shu kheit tang ia u soh na ka jaka ba u long, ki shu lum ha ka jingdiang bad ieh ia u jyntang hangto bi. Ia kane ki khot "*Sud Sohriew*".

Kawei pat ka rukom ka long da kaba shu pam na shi teng ne tang ia ki rynjup ba don soh. Haba ki pam, ki teh song noh artad da u wart. b. Ia kane ki khot "*pam sohriew*". Ia kine ki song ki kyntiew ha ki artylli ki dieng ba la *pyn'hanah* ha ka dieng lyngngong. Kim buh ha tbian ba ioh bam ka khnai.

Ia kine ki song ki ieh hangta ba kin rkhaing bha Hadien arlai taiew ne shibnai, ki lum shi jaka. Ha ka ing bym iadon rangbah lane ba kham kylluid kam ki kynthei ki shu *sud* hynrei ha ki ing ba ia bun rangbah, ki *shu iuh*.

Haba iuh sohriew, ki shu pynshad lon—lylon lon-lylon ia ka song. Ki kyrd-m teng teng "*tik tik*". U nongiuoh sohriew u long uba sted ki kjat katta katta. Haba peit na jngai, yn iohi kumba u shad. Haba sud pat. ki sud ki kynthei da ka nap. Kane ka nap, kam dei kaba da shna kyrpang, hynrei, ka dei kaba ki shu khylliap da u jyntang sohriew hi.

Haba la dep iuh ne dep sud ki jied noh ia u sla bad ki thning sohriew nangta ki peh da u prah ban her lut uba sep.

Haba la dep peh u la biang ban kit noh sha ing ban buh ha u shang ne ka thiar, Ia u sohriew kham bunsien ki buh ha ka thiar.

Kaba pynkbreh ban shet : Ia u sonriew haba mut ban shet ja ki ju kynrut ha u maw syriem kumba kynrut krai. Hynrei khnang ba un shroin bad ban kham suk ban kynrut, ki ju da sdieh shwa ban kynrut. Haba kynrut ruh ki pynsting ia ka kti khnang ba un ym kylla pyrsit. Kumta ban kynrut sohriew ruh dei ban nang ban pynsting ne *ban* kat ban biang. Haba la dep kynrut, ki peh noh ia u snep bad ia u swur. Haba la dep pynkhuid ki khot u *u khaw sohriew*.

Ka Ja-sohriew : Ia ka ja-sohriew dei ban da *pyoh*. Bunsien ki theh um shibun bha. Ka umshit ja sohriew ka long kaba bang shibun eh. Haba la *pyoh* slem, u khaw-sohriew u pdang bad ia kane ki khot u la *phuh*. Kumta ki ju *pyoh* haduh ba un da *phuh* bha.

Ha Mawkumkha bad Nongmawjie j kaba ha thain Umsohpieng (West Khasi Hills) u sohriew u bha haduh katta katta. Ki briew ruh ki rep bun. Don ki nongrep kiba rep haduh kumba shimon symbai. Ka jingmih ka long kumba 40 ne 50 mon.

U sohriew u dei uwei na ki jingbam ba kongsan ha kato ka thain. Ka rukom shet jong ki ka long da kaba *pyoh* mynmiet. bad haba la ih ki song ha ka sla. Ki song kumne bun song. Yhda haba ki la ia bam, don kiba bam tang shisong don pat kiba bam ar ne lai song kat kum ka bor jinglah. Haba ki leit sha lyngkha ruh, ki rah ban bam sngi da kane ka song ja sohriew.

U sohriew u long ruh u jingbam uba iadei bha ban ai ia ki syiar kha pylleng. Haba ai da u sohriew, ki ju ong ba ka syiar ka kha pylleng bha. Uwei u Sahep Missionnary, u Rev. Sidney Evaas, ha Nongsawlia na ka bynta ban ai jingbam syiar, u ju thied bun byrni u sohriew na Kshaid, Khadar Shnong.

U SOHPHLANG

U Sohphlang u dei u jingthung trai ri uba la ju don naduh hyndai hynthai. Ngi sngew thikna ia kane, namar u la paw kyr-teng wat ha ki khanatang jong uba rim slem slem ha shuwa ban paw ka thoh ka tar. Ila ka jingrwai "U Maw nguid briew" ba la rwai i hynmen haba i pyrta ia la ka kmie, kine ki kyntien ki paw :

I hymmen :- "Meilieng, Meilieng : Ah to wan noh kloi
Ba nguid u maw ia i hep ! i hep !
La poi ha sla 'jat'".

Ka kmie :- "Ap ho ! ynda dep ine i sohphlang sa khyndiat".

I hymmen :- "Meilieng, Meilieng ! Ah to wan noh kloi
Ba nguid u maw ia i hep ! i hep !
La poi ha 'matsohlah'".

Ka kmie : "Ap ho ynda dep ine i sohphlang sa khyndiat"
(Kumta shi kumta) haduh ban da nguid lut u maw.

Ha kane ka jingiathuhkhana, i hymmen i ai khot ia la ka kmie, bad iathuh ba la nang nguid u maw suki pa suki. Ka kmie ruh ap shi ap ynda dep u Sohphlang.

Nangta shuh shuh, u Myllung Soso Tham ha ka kot jong u "Ki Sngi Barim u Hynniew Trep" haba u kren shaphang katai ka Aiom Ksiar jong ka juk barim, u pynsah nam ia u sohphlang ha kine ki lain :

"U hur lynter jingew jathang
Bad san kham tdong ki bam sohphlang."

Ka long ruh kaba sngewtynnad ban pyrkhath ba u Sohphlang u don ei ei ban phalang ia ka rukom pyrkhath ki longshuwa shaphang kaei kaba tuh bad kaei pat ka bym khein tuh haba shu bam kui na lyngkha jong kiwei. Ia u sohphlang ka long rukom (convention) ba ki nongleit lynti haba ki leit lyngba ia



Ki dang ia tih sohphlang ha Swer



Ki dang ia khai sohphlang ha Swer.

ka lyngkha sohphlang jongno jongno li lah ban bam jah ikwah ba shen. Ia kane ym ju khein tuh. Kwei de ki jait jingbam bym shym khein tuh ha ba shu bam ha shen ki long - U sohriew, u pai, u phan bilat, ka kait *ih ienz*, bud ki kynja soh. Hynrei lada kheit uwei u riewhadem ka dei ka kam tamti Lada tih shi tynrai u phan myngngor, ka dei ka kam tamti kam tuh, bud kumta ter ter.

Ha kane ka bynta, ka rukom pyrkhat u Khasi ka iadei thik kum kaba ngi lap ha ki hukum u Moses ha kaba la thoh kumne :

“Haba me leit sna brisoh u para marjan jongme, te me lah ban bam soh haduh ba men da ngiah katba me sngewbha hi, hynrei men ym thep ha la ka jingdiang

Haba me wan sha ka lyngkha kew u para marjan jong me, te me lah ban kheit soh kew da la ka kti hynrei men ym lah ban buh da la tashi ha u kew u para-marjan jongme (Deu 23:24-25).

U Sohphlang u iadei tang ha ka ri khriat. Imat u iadei ha ki jaka ba mih u sohpen, kumta um iadei ha ri shit. Katba lah ban tip u sohphlang, u don tang ha ri lum jong ngi. U long u jingbam rneng uba kordor shibun eh. Nalor kata, u snep sohphlang u long u dawai wiehstar uba bha shibun.

Ka por thung : Ka por thung sohphlang ka dei ha ki bnai pyrem (March - April).

Ka jaka thung : Ia u Sohphlang ki thung ha bun, ha syllai bed ha dympuin ruh.

Kaba pynkhreh ia ka khyndew : Ha shuwa ban thung, lada dei ha ka bun, ne ha syllai lane la ka dei ha ka rep shyrtie ja ka khyndew dei ban da puh shain haduh ba kan da lwet bha.

Ka Sboh : Ia ka sboh ki ai ha ka juh ka rukom kumba aia a phan. Hynrei ha ka jingrep shyrtie kim shym ai sboh lait tang da Bisi

Kaba pynkhuid (Interculture) : U Sohphlang um ju sngewtyannat an heh kynbat. Kumta ki nongrep sohphlang ki da pynkhuid ba wat ia ki khap ki khum baroh ha ka lyngkha sohphlang.

Ka por tih : Ia u Sohphlang ki tih ha ki bnai November December, lane haba u jyntang u la iap.

Ka rukom kynruh Sohphlang : Khnang ban pynkhuid ia u snep, ki kynruh ha ka khoh tyrtong da kaba kynruh lang bad u shyiap, u shyiap u dei ban long da uba lieh bad u dei ruh ban long uba ni.

Npngkong eh ki thep u sohphlang ha ka khoh tyrtong. Ia ka jingbun ki peit khai hi kat ban biang bor ban kynruh. Nangta pynangem ia u da ka um ne shu ptem shiphang ha um. Nangta ber sa u shyiap harud um bad kynruh ruh harud um. Lada i tvr-khong kyndup da ka um so pharait ha ka khoh. Hadien kata sa wieh prup ha um da pynkhih artad. Haba la leh kumne bad lada iohi ba dang sah bun u snep ai shyiap shuh. Kumba la ong sha khmat u shyiap u dei ban long da uba bha. Lada ai da uba madei mata, u sohphlang u sawbrang, sha Ka um ruh ka dei ban long kaba tuid shaid shaid.

Ka iew ka hat : Ki nongrep sohphlang kim don jingeh ha kaba pyniaid sha ki iew ki hat. U long ruh uba lah dor shibun. Ki nongrep sohphlang ki iathuh ba ka dor sohphlang mynta ka long hapdeng Rs.50 bad Rs.80 tyngka shi khoh tyrtong.

Ka rukom buh : Na ka bynta ban buh slem ia u sohphlang, hadien ba la dep tih, ki tih ka thliew kaba pyllun. Kaba jyl-lew kumba arphut Ia u sohphlang ki thep hangne bad sa tap da u jyntang sohphlang uba la iap bad rkhiang bha. Halor u jyntang, ki tep sa ka khyndew. Da kaba leh kumne u sohphlang u neh ka jingsngaid bad ka rong haduh 5 ne 6 bnai. Dei na kane ka daw, wat la ka aiom tih sohphlang ka long naduh u November ; lah bun ioh pahuh u 'langkhuid haduh ki bnai April-May' ruh. Ia u sohphlang symbai ruh, ki shim na une.

Ka jingrep Sohphlang mynta :- Ha ki por kiba kham mynshuwa, ka jingrep sohphlang ka j.r bha tha ki ranab u lum Shyllong. Mynta, bun na ki shnong kiba la ju rep bha mynshuwa, ki la nang iehnoh. Haba kylli ia ka daw, don kiba ong ba um bha shuh namar la shong jew ka khyndew na ka jingai dawai. Nalor kata kiba bun, imat, ka dei namar ba ki kham ia beh

ia kiwei ki jingthung kum u phan, u muli, ki jhur bad kiwei kiwei kiba man tang ar bnai—lai bnai bad ki pynioh paisa kyrkieh.

Ka jingrep sohphlang kaba kham bun mynta lah ban ong ba ka kham bun ha ki talwiar jong u Lnm Shyllong, lum Swer bad lum Rapleng. U sohphlang u dei u jingthung uba pynioh jingham rneng trai ri haduh kumba 7 ne 8 bnai ha ka shisnem. Ka long kaba dei eh ban ia pynshlur ban nang pynjur ka jingrep sohphlang ha ri lum jong ngi



U Raishan

U Raishan u dei u jait krai uba la ju rep naduh hyndai hynthai. Ha ka jingshisha u dei u jingthung trai ri uba ki longshwa jong ngi ki la don, u dei uwei na ki jait symbai ba la khot "raai". U raishan u la ioh kane ka kyrteng namar u long u jingbam uba shan ne neh slem, lada don wat tang ar ne lai mon ruh u shan slem slem. Dei na kane ka daw lehse ba la khot "u Raishan". Nalor ba u long uba lot miet kumne, u long ruh u jingthung uba phylla shibun eh. Uwei u nongrep u ong ba u symbai raishan u lah ban ngap tyrnem ha khlaw da ki bun phew snem, u phniang raishan u lah ban ri ia la i jingim bun phew snem. La shem ba lada rep ia ka jaka kaba la ju rep raishan da ki phew snem mynshwa' un mih la ka mih ha ka ta ka jaka. Kane ka pyni, ba u phniang raishan u lah ban im slem slem.

Ia u raishan la rep bha tang ha ki ri khriat imat u iadei bha ha ki juh ki jaka kiba u iadei u phan myngngor. Ki jaka kiba la pawnam ka jingpynmih raishan dei ki thain lum Swer, lum Rapleng, lum Shyllong kiba kynthup ia ki shnong Swer, Laitkroh Iaitlyngkot, Nongkynrih, Umthli bad bun kiwei ki shnong jong kine ki thain. Ha ki thain sepngi jong ka ri Khasi ruh, imat ka

jingrep raishan ka jur bha ha ki por hyndai. Ia ka⁴e, ngi sngew thikna namar, ngi don uwei u lum ba la khot Lum Mawthad Raishan uba don hajan ka shnong Markasa.

Ka khyndew :

U raishan u dei u jingthung u bym jied khyndew, u mih bad san bha wat ha ki jaka ki bym sboh. Lah bun bet ia u ha dym-puin ne ha syllai ha bun ne ha ka rep shyrtie,

Ka por bet :

Ia u raishan ki bet ha ki bnai March-April ha ka juh ka por ba bet rai-truh.

U Symbai :

Na ka bynta u symbai, ki da leh sumar bha ki shim na u raishan uba koit ba khiah bha, uba heh bad ba soh bha, ki da peit bha ioh leit ngat u raishan uba don ka jingpang iong kaba ki khot ka *pang shyngiar*. Kane ka jingpang ka pyniong ia u soh, bad lada kynther mih ka tдем ka⁴a iong. Ia u symbai raishan, ki da buh sumar bha ha ka jaka kaba rkhiang.

U Jyntag raishan :

U Jyntag raishan u long uba jem. La shem ba u long uba bha shibun eh ban ai ia ka masi khem duh, ka masi ruh ka kham ai duh bun.

Por man Raishan :

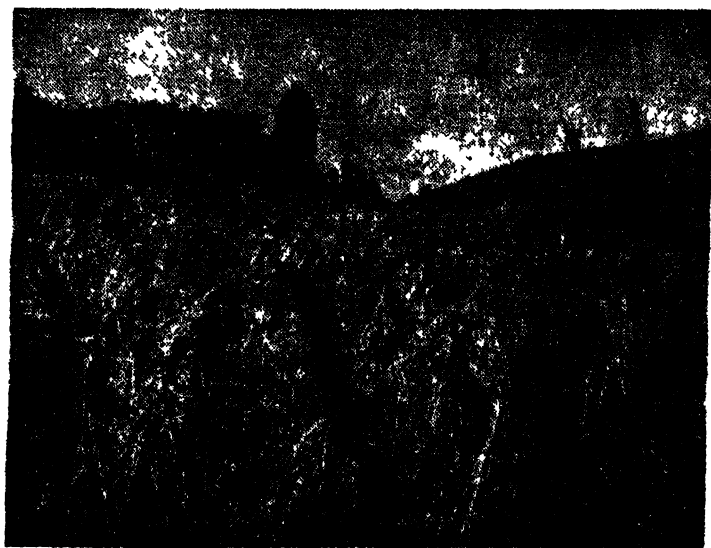
U raishan u la biang ban *khum* ha ki bnai October-November. Ia u raishan kim ju ong, ot raishan kumba ki ong ot kba, ot krai ot raisoh etc. Hynrei ia u raishan don da kiwei pat ki kyntien ki ong "*Khum raishan*" bad "*Kynther raishan*".

Haba u raishan u la iaw ki shyieng (mature) ki khum noh bran bran. Lada ym khum un hap lut. Kumta u dei u jingthung uba dei ban pynbeh por. U song raishan ba la khum haba peit na jngai i kum ka *pan khyllong* Hadien ba la khum, ki ieh kumba shitaew ne lahat, kl sa kynther noh,



Dang khum Raishan ha Swer

1 Kum ki pankhyllong ia ki
raishan ba dang dep khum



Ka Lyngkha Raishan ha Swer.

Kaba kynthar Raishan :

Haba kynthar raishan, ki pdiang da u prah ia ka song ba la khum. Haba la kynthar kumne, ki symboh raishan ki hap lut ha u prah. Hadien kata, haba la dep lum, ki thad pynrkhiang ia u ha shwa ban thep ha u shang ne ha thiar.

U Raishan u long uba sop skhem bha ia ki shyieng. Lada ym da pynrkhiang bha ka shitom shibun ban pynkhuid. Kumta, ha shwa ban dung raishan, ki da thad pynrkhiang bha na ka tyngier lane ki sdieh ha ka karai.

Haba shet ja raishan ka kham ih kloï ban ia ka ja khaw. Ka ja raishan, tang shu thnam shipnang ka la ih. Hynrei ia ka ja raishan, haba ka la ih dei ban shop da ka siangdieng. Lada ym da shop, ka shu long phrew-phrew bad kam da bang. Haba la shop bha ka pnah bad bang bha. Ka ja raishan, tang shu peit, ka long kaba ibang eh. ka loug byrtem syriem ia ka ja raisoh

Kumba la ong sha khmat, u raishan u dei uwei na ki jingrep trai ri, u dei une u jait krai uba la synran ia ki longshwa jong ngi bad uba la kyrshan ia u khiew shet khiew tiew jong ki pateng ki longshwa manshwa.

Mynta ki don sa tang khyndiat kiba dang rep raishan, bun ki la nang iehnoh ka jingrep ia u. Hynrei, ka long kaba dei eh ba ma ngi ha kane ka juk, kaba la nang roi ka jingstad ha ka rep ka riang, ngi dei ban nang pynbha ka jingrep ia u raishan uba la long u jingbam ba kordor jong ki longshwa jong ngi.

Mynta ki briew ki la sngew bang eh ia ka ja khaw bad bun kim niewkor shuh ia ka ja raishan. Hynrei, ka long kaba dei eh ba ngin pynkhie im biang ka jingrep raishan. Namar lada duh ka jingrep raishan, kum ka jait bynriew, ngin long kiba kham duk ha ka liang ka jingdon bun jait ki jingbam, bad ngin nang kham duk ruh ha ka ktien.



KA JINGREP PHAN DIENG

U Phandieng u dei u jingthung ba la ju rep la slem eh ha ki ri lum jong ngi. Ym lah ban tip thikna naduh mynno la sdang rep nyngkong ia u. Ki 'riewtym nen ki ong ba u long u jingthung ba la ju rep pateng 'la pateng. +Ka thymmei ri jong u la ong ka dei na South America. Ha ri India, ka jingrep phandieng ka jur eh ha ki bynta ba shathie ka ri India khamtam eh ha ka jylla Kerala. Une u phan u long uba la pynim thngan shisha, khamtam ia u duk u suk, ha ki por 'nem sniew La ju jer ruh ia u "u jingbam jong u Paid duk".

Wat la u dei u jingthung uba la rim, pynban ka jingia-thung paidbah ka ju eh ha kine ki k'iyndiat saem Kiba bun na ki nongrep kim iathung bun, namar ki ong "ym iai lah bam". La kumta ruh don bun ki nongrep jong ngi kiba pynlong u jingbam ba kongsan da u phan dieng,

U Phandieng u iadei eh ha ki ri syaid jong ka ri war bad ri Bhoi. Hynrei katba lah ban lum jingtip, ka jingrep phandieng ka jur eh ha ki thain Khadhynriew Shnong. Khadar Shnong, Syntein etc Ka Mawphu ka pawnam shibun eh na ka bynta ka jingrep phandieng. Mynta ka Thieddieng ruh ka long kaba pynmih bun bha ha kaba kawei kawei ka ing ka jingrep phandieng ka long naduh 1000 haduh 3000 tynrai

Ki jait :

Katba lah ban lum jingtip don saw jait ki phandieng.

U Phandieng jyrmel : Une u dei uba la rim tam na ki phandieng baroh Ha Khadhynriew Shnong ki jer u phandieng jyrmel, ha Khadar Shnong pat ki khot u Phan thied Une u jait u dei uba pur. Mynta ki nongrep kim rep shuh, lah ban lap ia u sa tang sha khlaw.

U Phandieng lieh : La jer kyrteŋ ia u da kane ka kyrteŋ namar u "i lieh" naduh ki sla, ki dieng, ka snep ba shabar u phan (tuber) ka lieh. Ha ki thain Khadhynriew Shnong mynta ki thung bun eh da une u jait. Ki nongrep ki kham ia lmun ia une u jait namar u met heh (uba la pura ka jingheh u khia haduh kumba 5 kg). U met bun tylli (5 ne 6 tylli). U met jong u um jrong u lam pyllun U long uba jem ni bad bang shibun ban bam.

U Phandieng kya : Ia une u jait don ruh kiba khot u phandieng saw. Une u jait u long uba kham saw na kiwei pat ki phandieng. Naduh u dieng, u wang sla, ki sla, u snep jong u met (tuber) ki leng byrsaw. Une u jait ruh u long uba met U kham jwat, kham eh. U met jong u u don ka jingsyriem ia u phandieng lieh.

U Phandieng biruin Na ki phandieng baroh dei une u jait uba bang eh. Um da met heh, hynrei u met bun tylli. Une u jait u don la ka jong ka rong — ki dieng, ki wang sla ki swur ba shabar jong u dohmet ki saw itynnad. U met jong une u jait u long uba jem bad phuh bha bad mynta ki nongrep ki kham rep bha da u phandieng lieh bad u phandieng biruin. Ki nongrep phandieng ha Maphu ki ong ba ia u phandieng biruin ki ioh symbai nyngkong eh na Syntein — ka jaka ba jur bha ka rep phandieng.

U Symbai Ia u phandieng ki thung da u dieng phan hi Na ka bynta ban thung, ki ot lyngkhot kumba shitda, bad ia kine ki shu bsuh ha khyndew da kaba pynngam kumba mar shiteng ei ei.

Ka Por Thung :

Hangne ha ri lum jong ngi, ki nongrep phandieng ki shaniah beit ha ka um slap. Ym shym don ki lad ring um (irrigation) kumba leh sha rithor. Kumta ka por thung ruh, bunsien haba ioh slap, hynrei don kiba thung shwa ban ioh slap ruh.

Kaba sumar : Bun na ki nongrep jong ngi ki thung lang ia u phandieng bad kiwei pat ki jingthung kum u phan bilat, ka shriew, etc. Ka jingsumar kaba kham kongsan hadien ba la thung ka dei tang kaba thiew kynbat. Lait nangta ym da kham don kiwei pat ki rukom sumar ia u.

Ka por tih : U Phandieng u long u jingthung uba neh haduh kumba lai snem. Ha ka snem kaba nyngkong la lah ban ioh bam Phandieng. Hynrei ka jingmih kaba jur eh ka dei ha ka snem kaba ar.

Ka jingmih : U phandieng u long uba met bun. U met haduh san ne hynriew tylli ha ka shitynrai Ha ki jaka ba u bha, uwei u phandieng ukhia haduh kumba 5 kg. (uba la ar snem karta). Ha Sohkynduh (Khadar Shnong) uwei nongrep phandieng u ong, ba ia u phandieng ba la ieh ar snem, lada tih 2 tynrai, ym lah kit shuh

Haba la tih : Ia u phandieng ym long ban buh slem hadien ba la tih. Tang hapoh ar ne lai sngi u snep u *kdap* noh bad u dohmet pat u iong, ban shet um jem ryntih bad ban bam ruh um bang shuh. Kumta haba la tih, lada ym pat ioh pyndonkam, ki ju pdem ha um. Hynrei kaba bha eh ka long ban pynkhuid noh khlem da buh slem hadien ba la tih.

Ban leh sumar : U Phandieng u don ha u ka kynja bih bad kane ka bih ka don tang ha u snep. Kumta ia u snep dei ban da khoh bha la ka long na ka bynta ban bam ki briew ne na ka bynta ban bsa ia ki jingri.. Ki nongrep jong ngi ki ju ngeit ba u phandieng u long bih namar ba ha ka por thung.

ki kum thung khongpong (ki mat u phandieng ki long kiba shitom ban uthuh kano ka trai bad kano ka khar), Kumta ha ka por ba ot dkhoh ia uba mu. ban thung, ki ju pa sha ka hang bun sieh ha k' ndew. Ki riwtsad ba dei ia ka rep pat, lim ngot ia kane. Na ki phandieng baroh, uba ju eh kane k b'h dei u phunlieng saw. Ia uae u jait bun ki nongrep mynta kim ia thung shuh.

Kumba la ong cha khamut ki nongrep kim treh ban thung lun namar "byn ia la' ham". Hynrei lehse ka por kam slem shuh ba hangne ha ri lua jong ngi ruh, ki riwtsad na dei ia ka rep bad kiwei ki lad an jingtip, kin sa h'kai kumno bun shua bun ki jait jingham ba ke dor na u phun dieng. Kumta la Meghalaya ruh ian sa ioh iaka ha la Map jong ki jylla ba pynmh phandieng ha ri India



Ka Jingrep Rymbai Ktung (Clycine Papilionaceae)

U Rymbai ktung u dei uwei na ki jingrep ba la rin tam hangne ha ri lum. Ym lah ba ong nalah aynno l'udang rep ia u. Hynrei kaba thikna ba u long uba a'lua byndai namar u la ioh jaka ha ki khamatag u l'agshwa. Baroh ngi ia tip balei u l'sew u wan shong bad u khun bynriew. Ka jing uthuh khina ka ong dei namar ba u ksew u sa ch leh'be n ha ki l'uphew mrad bad iuh bein ia ka tungrymbai kaba u die ha iew. Ka Bthuh bad u Bngem, kim ioh shuh ka bi shar hok na la u para mrad, naduh u bahch uba khraw ki iuh ki kyrthom ia ka tungrymbai jong u. Kumta u wan wad jingiarap na u khun bynriew, Ka jutang ba ki la iatch ka long ba u khun bynriew un ai tang shikhem ka ja mynmiet mynstep, u ksew pat la ka jong ka kylla un iada ia ka ing ka sem, {ka lyngkha ka risai jong u khun bynriew. Ia kane ka jutang u ksew um shym pynkhein haduh mynta. Dei na ka liang u briew pynban ba um

shym bat pyrkhing ia ka, u ai ja ym tang shikhem hynrei haduh ship'iang ruh u ai haba u sngew pahuh.

U rymbai ktung u dei u jingthung uba iadei ha ki ri khriat bad ri shit kumjuh. U iadei ha ki ri thor bad kumjuh ha ki jaka ba jur thah, U long u jingbam uba bha shibun eh. Ki riwstad ki lap ba u rymbai ktung u don pahuh ia kiti ki bor jingbam ban bsa ia ka met. u don bun ki Vitamin nator kata lah ban shia bun jait ki jingbam na u rymbaiktung Ha ka lot lyngkdop ba pynmih u District Agricultural Officer (U) K & J Hills, Shillong ha ka snem 1971, la thoh kumne, "U rymbai ktung u kynthup bun bha ki jingbam ban tei ia ka met kaba ki khot ka *Protein*, u don ka um-phnang bad ka khlein, carbohydrate, ka mluh ba ki bitamin (vitamins), phosphorus bad ka kynja nar", nargta la (n; shuh shuh "u biskit, u cale, ki mithai, syrwa, ki jingbam ba ju shet ki dkhar kum u pular, dail, cherda, ser, bhuja etc. Ki jingbam phareng, jingbam China bad jingbam Japan la ju shna bun jait ki jingbam bang na u rymbai ktung "" u rymbai ktung u don pahuh ka bor ban bsa ia ka met u briew syriem kumba don ha ka doh. U kynthup ia ki lai jait ki bitamin A,B bad D. Haba u dang lung, u don bun ka bitamin C bad la shem ba u iarap ban pynkoit ia ki jingpang prum lada bam ha ka por ba u dang lung

"Ka um dud jong u rymbai ktung (ba la dung lwit bad khleh um) ka syriem ia ka dud masi ha ka liang ban tei ia ka met. Ki nong mihngi kum ki China, Korea bad Japan ki la tip la shem ia kane. U long ruh u jingbam uba kham kordor shibun ban ia u khaw, kew bad kiwei kiwei ki jingbam ba don skop. La iathuh shuh shuh ba u rymbai ktung u long u jingbam uba iadei shibun ban ai ia kito ki bym khlain met. U don bun u Kolok (starch)ha u. U iadei bha ban bam kito kiba don ka jingpang ba ki ong diabetic disease U kynthup bun ka phosphate, kumta u iarap ban pynkoit ia ka jingpang pynkhyinh thied (nervous disease). Don ki doktor kiba phah bam da u rymbai ktung ia kito kiba don ka jingpang jem ne kdor ki shyieng (rickets), ki jingpang pulmonary, jingpang duna snam etc. bad la shem ba ki ioh ka jingkoit na ki jingpang jong ki."

La ong ru ba u rymbai ktung u pynjlan rta. Ha China bad Japan ha kaba ka roi bha ka niam Buddhist, ki lyngdoh jong ka kim ju bam doh, hynrei ki bam bun da u rymbai ktung. La shem ba kito ki lyngdoh ki kham im slem shibun ban ia kiwei. Kane ka pyni ba u iarap wat ban pynjlan ia ka rta bried.

U rymbai ktung kumba long kiwei ki kynja rymbai bad ri, u iarap ban pynsboh ia ka khyndew. U long namar kata uba iadei eh ban thung bujli por bad kiwei pat ki jingthung (crop rotation). Nalor kata u long u jingthung uba suk ban rep. Um da donkam bun ka sboh kumba donkam kiwei ki jingthung.

U Jait : Ka Agriculture Department ka don bun jait u symbai. Ha ki snem 1970 ter ter, na ka Agriculture Deptt. ki recommend uwei u jait ba ong u Rymbai ktung. Kiwei ki jait ki don — U Lee Masterpiece, u Shelley, u Burette, U N-49, u Pb-1. Nalor kine don sa u Harde, u Pelican, u Clark - 63, u Bragg, u T - 1, u T - 45, u Lee Hills, u Willomi. Ha ki snem 1980 - ha ka chart ba pynmih na ka Agriculture Deptt. ki recommend tang ia u Clark-63, u Bragg, u Hills bad Punjob-1.

Ka khyndew : Ki nongrep jong ngi, ki thung ha ki lyngkha. Ha ki jaka ba rep shyrtie khlaw ki shu thung kumto khlem da puh ia ka khyndew. Ha ki jaka ba rep bun, ki shu thung ha bun. Hynrei ha ki jaka rilum ba long dewmet bha ki da puh bha ia ka khyndew shwa ban thung. Don pat ki jaka ba ki shu thung lang ia u rymbai ktung bad u riewhadem. Lehse kan long kaba bha eh ban bad ia ka jingbthah ki ophisar ka Agriculture.

Ka por thung : Ki nongrep jong ngi ki ju thung ha ki bnai Iaiong - Jymmang Ia ki jait ba pynioh ka Agriculture Deptt. ka por thung ka dei ha ki bnai Jylliew - Naitung.

Ka rukom thung : Ia u rymbai ktung ka bha ban thung ha ki lain bad ym dei ban btep jylliew palat ia ka 5 cm.

Kaba ai khyndew : Dei ban da ai khyndew thymmai ia u khnang ba un beh un plung bha.

Ki khniang bad jingpang : Ki don katto katne ki khniang bad jingpang kiba ktah ia u rymbai ktung. Ka jingpang thohleung sla ka don kynrei ha u rymbai ktung. Don ruh kiwei ki jingpang.

Ki khniang kiba pynjutor dei u niangniuh uba ki phet ruh u niangniuh Bihar. Une u long uba lalot shibun. U b m ia ki niut ki nier, dai, shana, sainalia etc. Une u mih hika por synrai. Nalor une, don ruh kiwei ki khniang ha ki jika bapher. Katto katne na ki ki dei ki niang sam thiew jyntang u niangkhang, khniangdpei, khniang niuh dumasla, etc.

Na ka bynta ban iada na ki khniang bad jingpang, ka bha ban wad jingiarap beit na ki ophisar ka Agriculture Department

Ki Niut : Ia ki niut dei ban pynkhuid bha. Wat iada kim ngop ruh, dei ban thiew lut ia ki, namar ki kjaø ia u jingthung bad ki ia kateh ruh ia ka jingbam jong u jingtueng na ka khyndew.

Ka Por kheit : Haba u rymbai ktung u la iaw, kati la lam byrtem ki soh, dei ban kheit noh. Ia u rymbai ktung ki jiot naduh tynrai bad haba la dep ot, ki lun ia u bad thid sngi. Haba u la rkhiang bad pdang, ki loh ne kyrjaw h. Ki jingdiang kum u shyllih etc.

Kaba pynkhuid : Haba la dep khruin, ki jied noh ia ki sla, khyrnieng etc. bad peh ban her ki niut rymbai ki snep etc. Haba la dep pynkhuid, u la biang ban pyndonkam bad thep ha ki shang.



KA JINGREP RYMBAI JA

U Rymbai ja u dei uwei na ki jingrep ba la rim jong ki nongrep jong ngi. Ia u rymbai ja lah ban pynbynta ha ki ar bynta. Uwei uba man lap bad uwei pat uba man dier Ia u jait uba man lap, ki ju khot ruh u rymbai lum. Ha khadar shnong ki ong u rymbai lyiur

Ki rymbai ja ki don bun jait, kat kum ka jinglong ki symboh. Don kiba kham leh symboh, don pat kiba rit symboh, don kiba saw, kiba byrtem, kiba byriong, don kiba shu dum rong bad kumta ter ter. Napdeng kitei ki jait rymbai, uba kham ih kloi eh bad ba jem dei u jait uba saw.

U Rymbai ja u long uba bang shibun eh ban bam. Nalor ba u bang, u long ruh u jait jingbam uba pynkdang kum ka ja hi. Imat dei na lane ka daw ba la khot ia u u rymbai ja.

Ka umshit rymbai ja ka long kaba rten bad bang shibun eh. Kumta naduh u soh haduh ka umshit, ki long kiba da bang shusha bad kiba pynkdang.

Ka khyndew : Ha ki jaka rep shyrti khlaw, ia u rymbai ja ki ju thung ha syndah trai dieng. Ha ka por ha shyrtie, ia ki dieng thung rymbai ki da pad khang ha ka ju jingai kumba 10 ne 12 pruh. Ia ki dieng pynpur rymbai ja ki ngor lyngkot kumba shiphew phut ei-ei. Haba ym don ki dieng pynpur rymbai, ki ju thung la la thung bad sa sieh dieng pynpur.

Ka por thung : Ia u rymbai ja ka por thung ka biang ha u Maich - April.

Ka sboh : Ki nongrep haduh mynta kim ju ai sboh ei-ei ha ka por ba thung hynrei ynda u la sdang heh, ki ju buh da u kynbat ne niut jem, une u niut u long sboh bad u rymbai u heh u plung bha.

Jingsumar : Haba u rymbai u la sdang ai kti ki nongrep ki da peit bha da kaba ai jingpynpur ba un kiew ha dieng pynpur. Ka jingmlien u rymbai ja ka long ban pur ha dieng na ka monsha ka diang. Kumta dei ban peit ban pynphai khmat na ka mon bad sa khun sha ka diang.

La ong sha khmat ba ia u rymbai ja ki ju thung ha *bun* bad ha lyngkha shyrtie khlaw. Hynrei u met bha ruh ha kper ha phrah. Kumta ngim dei ban pyrkhat ba u dei u jingrep jong ki nongrep shyrtie khlaw.

Ka Por kheit : Haba u rymbai u la iaw (matured) dei ban ot ia u jyntang na tynrai. Da kaba leh kumne, u soh rymbai ja um ju *btiei* Lada ym ot kumne, hiba u la iap, u soh (pod) u btiei bad ki shyieng ki hap lut. Kumta da ka'ia ot ia u jyntang, lah ban ieh kham slem ruh ha ki dieng pur khlem duh ei-ei.

Kaba pynkhuid : U rymbai ja u long uba suk ban pynkhuid. Hadien ba la kheit ia u, kaba donkam ban pynkhuid ka long tang ban peh ban her ka nuit snep jong u hi. Haba la lah pynkhuid, u la long ban shet noh.

Ban shet : Don ki rymbai ja kiba ih kloï, don pat kiba ih slem. U jait uba saw u long uba ih kloï shibun. Hynrei la ka long ia uno uno u jait ruh, dei ban *pyoh* haduh ba un da pait bha.

X—X—X—X—X

U ARARUT (Marontaceae Arundinaceae)

Une u jait jingthng uba la ju rep ha ri lum jong ngi. Hynrei ki nongrep kim ju thung bun ia u,, ki thung tang tang khyndiat bad u shu long jingbam byrngia. Ym lah ban onz naduh mynno la rep ia u. Katba lah ban lum jingtip na ki riwetymmen na Khadar Shnong, ha ka por u jumai bah (1897) la ia rep bha ia une u jingthung. Mano ba tip leh'e ha shwa jong katei ka por, ki briew ki ia rep bun bha bad u lah ban long uwei na ki jait jingbam jong ki.

U Ararut u long uba bang. U long ban bam im, bam shet bad bam thang. U dohmet u lich itynnad. Ka rukom met u syriem ia ka khun 'riew phangong, kata u heh na sha khmat, bad rit na tdong U dohmet u jrong kumba shitda. Haba u bha u jrong wat jan shiphut ruh.

U sla baJ jyntang u syriem shibun eh ia ka *lamet*, tangba ki sla kim heh kat ka lamet. U jrong rynieng kumba ar phut antad, hynrei ki sla ki long jrong lytoin syriem ia ka sla *latang*,

Ka jaka : Lah ban thung ia u ha kper bad ha lyhgkha ruh. Um dei u jingthung uba jied khyndew. U long wat ha ka jaka kaba tyrkhong ruh. Hynrei n met bha ha ka khyndew kaba pra phur-phur bad ba shong sboh.

U Symbai : Ia u Ararut ki thung da u dohmet uba *bha khmat*.

Ka por thung : Ia u Ararut ki thung ha ka por pyrem ha ki bnai March—April.

Ka por tih : U Ararut u dei u jingthung uba neh haduh ar ne lai snem. Ka por ba ki tih ka dei ha ka por tlang. Hynrei kawei kaba ngin kynmaw ka long, ba ia u Ararut kim ju rat dyngkhong. Ki chim tang ia u dohmet uba la met bha, ia kiba rit ki pynsah, bad leit khlong biang haba u la heh pura. Kumta na u juh u tynrai lah ban ioh Ararut bun sien.

Ka jingpyndonkam : Kumba la ong sha khmat, u Ararut u long uba iadei ban bam im, bam shet bad bam thang. Hynrei kham-bunsien ki shu shet. U ih kloï tang kumba shet phan bilat. U long uba bun ksai. Haba bam im, ka mih ka um kaba leih kum ka dud. Don ki nongrep kiba la nang ban pyndonkam ia u kum u jingbam ia kiba pang (invalid) da kaba ki shu dung bad khem tang ia ka um jong u U long uba bha shibun eh ban ai ia ki. Don ruh ki knie ki kpa kiba ju buh jingbam sngi ia ki khun da u ararut ha ki aiom ba dang ioh bun ia u. Mynta ka jingrep ararut ka la duna shibun eh, Kane ka dei lehse ba ki nongrep ki *khein*

tang kum u jingbam kai. Hynrei u dei u jingbam uba kordar shibun. La i dei ban ia pynshlur ban ia pynneh ia une de u jihgthung. U long u jait jingbam na uba lah ban shna bun jait ki jingbam bang, bad ym dei tahgba u bang. hynrei uba bha eh ban bsa ia ka met.

O—O—O

KA JINGREP RAITRUH

U Raitruh u dei u jingrep uba la ju don naduh hyndai eh. U dei ruh uwei na ki jingbam ba kongsan jong ngi naduh barim hajh. U dei ruh uwei na kita ki jait symbai kiba u Longshuwa u ju khot burom *U Rnai*.

U Raitruh u dei u jingthung u hym jeid khyndew, kumta ba wat ha ki jika kiba kiwei kiwei ki jingthung kim man bha, hynrei u krai u long bha. U iadei ha ki jika kiba jur slap bad ki jika kiba duna slap ruh. U iadei ha ki jika dewmet bad dewmaw ruh.

Kum u jingbam u long uba bha shibun eh. Ki riwstad kiba wad bnah ki shem ba u raitruh u don ia kita ki bor tei met kiba kordor. U kynthup ia ki Vitamin A bad B, u don 3 p c. ka protein, 1.29 p c ka khlein, 76.32 p c ka carbohydrate, 1.24 p. c. ka kynja nar bad 0.34 ka calcium.

Ka khyndew : Kumha la ong sha khmat, u raitruh u dei u jingthung u bym da jied khyndew. La kumta ruh, u iadei bha ha ka khyndew kaba khleh mawria — long dewsyap bad ba pra phur phur.

Ka jika : U raitruh u iadei ha ki jika shah *ryngngi*. Um iadei satia ha ki jika ba long dymmiew. Ha ki jika dymmiew eh, um ju met bha, u duna shyeng bad haba ka long kumne ki ong u kylla *Ner klinam*.

Ka jingpynkhreh ia ka jaka rep : Haduh mynta, ia u raitruh la rep ha ki jaka ri tbian bad tang khyndiat eh ha ki jaka ri jrong. Kiba kongsan ki long -- ka rep *bun* ka rep shyrtie bad kawei pat ka rep *thangram*.

Ka jingrep krai ha bun ka dei ting ha ki jaka ba kham long ri jrong. Ha kane ka rukom rep, ki ju bet krai ha ki lyngkha phan mynggor.

Ha ka rep shyrtie ka don arjait ka *thang lap* bad ka *thangdier*. Ha ka rep *thanglap*, ju thung lang bun jait ki jingthung kum ka shriew, phan bilat, kaut, etc. Hynrei ha ka rep *thangdier*, kham bunsien ka dei bet tang ia u krai.

Ha ka rep *thangram*, ruh kham bunsien ju bet tang u krai lane bad ka shriew. Na ki rukom rep khlaw baroh, lehse dei ka rep *thangram* kaba kham pynjulor eh ia ki khlaw lada thang khlem da *sar ding*

U Symbai : Na ka bynta u 'rai Symbai, uba bha tam dei u 'Rai plu. Une u dei u krai u bym shym la thad ha tyngier lane haba phon rynsan. Mynta ki nongrep krai, kim da leh bniah eh ia u krai symbai, ki bet la ka bet da u krai ba la buh ban bam. Dang kham mynshuwa, lait tang haba duna u plu, ki bet da u krai bam.

Ka por bet : Kaba biang eh, bad kaba kham ia bet krai paidbah ka dei ha u laiong. Ha ka rep *thangdier* ki bet haduh u Jymmeng ne Jylliew. Hynrei ka jingbet lap ne bet dier ka shong ruh ha u jait krai, ka ri tbian ne ri jrong. Don ki jaka sha Khadar Blang kiba ia khap bad ka Bangladesh, ki bet krai haduh u August ruh.

Ka rukom thung : Ia u Raitruh, kiba bun eh na ki nongrep ki shu bet ha dympuin, Don ruh kiba shu sara bad sa rah tynrai bad thung ha lyngkha. Haba shu thung ka jingkhah jingniar ka shong shibun ha ka por thung. Lada thung lap ha u June-July, ki thung niar kumba 6 inshi na uwei ha

uwe i u tynrai. Lada thung dier pat, ki lham thung kha'h. Kane ka long namar ba uba thung lap u pait khun b'n, lynrei uba thung dier, um kha lun shuh. Ia u krai uba shu bet lada u khah dei ban rat noh ba un ym ia khah thun. Lada ym leh kumne, un ym heh bad ka jingmah ka dana.

Ka Sboh : Kumba la on; shi khnat, u Raitruh u man bha wat ha ki jaka ki bym da sboh run. Hynrei li kanta ruh, haba lah ban ai sboh u heh u plung bha bad ka jingmah ka bun. Ka sboh kaba ki nongrep ki shuit ai ki dei da ka sboh nut kaba la pynpyu ha ki kymot ne ing kynbat. Ka rukom ai da kine ki sboh nut ka dei da kaba shu pashat ha tynrai jong u krai ha ka por da tnew kynbat.

Sa kawei pat ka sboh laba iadei ch ia u krai, ka dei ka sla phyllut. Hi ki jaka ba u krai u i tuin, u lam byrtem ki sla, ki nongrep jong ngi ki sieh da ki tud lung phyllut kine ki slatin; hapoh ar ne laisngi ki la hap lut. Ki long kiba pynsbah haduh katti biting hapoh shuiew la ithih ba u jingthung u la plung bad jyrngam bha.

U jait jingbam uba soi : U 'raitruh u long u jait jingbam uba soi shubun. Ki nongrep kiba ish krai haplong 5 bad 10 mor, ki la sagew shingun ir. Hi Kongthong, ki nongrep krai naduh ki por myashuwa wat hadih mynta manta ki dang don kiba rep krai shi snem bad pud shisnem. Ki leh kumne, namar, ka jingrep krai ha ka shisnem, ka biang ba kin bam ar snem. Kane hi ka pyni ba ka long ka jingrep kaba dei ban nang pynshur. Hymei haba ki sangeh rep shisnem kam mut ba ki shnong jaituh noh bad shu bam suk, hynrei ki rep bad trei da kiwei kiwei ki jait kam.

Kaba thiew niat : Kaba thiew kynbat kam dei ban duna arsien ha ka shilyur. Lada dei ka jaka kaba khah kynbat. ki thiew haduh laisien ruh.

Ka por seisoh : U krai u sdang sei p'uh naduh u Nailar bad sei paitbah ha u Nailur,

Ka por ot : U krai ula biang ban ot noh haba ula ih.
Kim ju ap haduh ba un da saw lut.

Ka jingrep raitruh, lehse kidei kawei na ki jingrep kaba
den bynta ha kaba pynneh ia ka kolshor (culture). Kane ka
long nanar ba ha ka por ih krai, ju den ryngkat ka phawar
bad ka risa. Kane ka dang neh wat haduh mynta ha ki
katto kitne ki jait. Haba ki pynher krai ruh, ju don ka
rukem ba ki khot ki pyrtu ban wan ka lyer ban sad ban
khyil ng. Hida ricw tang "Hei wan ula bait uba bha! hei wat
wan u dloh wat w n u dkia".

—O—O O

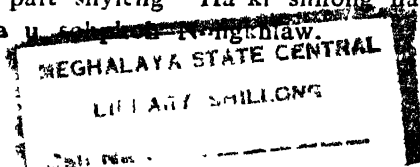
KA JINGREP SOH

Hangne ha ri jong ngi, ngi don pahuh ki soh. Don ki
jait soh kiba iader tung ha ki ri slut leim ha Rowar bad ha
Ri Bnoi. Don pat ki jait soh kiba iader lang ha ri khriat
bad ri shi t ruh.

Ha kane ka lynnong ngin ia peit katto katne tang ia ki
jait soh kiba iader ha ri jrong. Kine ki jait soh ki dei, u
sohplem, soh phareng, soh klong, lakun, sohphoh etc.

Bun na ki nongrep jong ngi ki la ju thung la slem ia
kine ki soh. Kum u soh Lakun, uba ki thung bha ha ki
shnong khap sor kum ki thain Upper Shillong. Hivrei imat
ia u Lukun ki kham thung bha sha ki shnong Shilliang Um
ha ki ranab u Lum Diengiei. Ha Nongbsap, don bun ki tynrai
dieng soh Lakun kiba ka rta jong ki ka la lot shispah snem,
den ruh kiba la palat spah snem ruh.

Ha ki shnong thain Mylliem ki ia thung bha ia u
jait sohplem uba ki khot u Doris. Ha ki shnong Upper
Shillong ki kham thung eh ia u Alfa pyllon, Syntarosa,
Lakun bad soh-phareng pait shyieng. Ha ki shnong ha sor,
ki kham ia thung bun da u sohphoh klongkhaw.



Wat la ka jingthung ia kine ki soh ka long kaba la slem, hynrei, ki briew ki la ia thung bun eh ha kine ki khyndiat snem Kane ka long, namar ka jingplie lad bad pynshlur na ka Agriculture Department. Kane ka Department, ka la shim ban lam khmat da lade hi ha kaba pynshlur bad pynroi ia ki jait soh ba bun jait. Ka ai ki tynrai soh ha ka dor kaba jem. Don bun ruh ki jait soh kiba ka shu sam ei sha ki nongrep

Ha kine ki khyndiat snem, haba la bishar thuh bha ia ka por puh syntiew, ka por soh bad ka por ih jong kitei ki soh Da kaba khmih thuh kumne, la shem ba ki nongrep jong ngi ki lah ban ioh bam soh lynter na kper la jong haduh kumba hynniew bnai khlem da hap thied na iew. Kane ka long namar kine ki jait soh ba iapher ki ih ha ki por ba iapher.

Hangne lehse ngin peit tang ia ka por ih jong ki ha Upper Shillong.

U Alfa pyllong u ih ha u May.

U Syntarose pat ha u June - July.

U Japanese u ih ha u July - August.

U Doris u ih ha u August.

U Sohphareng heh ha u June - July.

U Sohphareng lait shyieng ha u August.

U Sohphoh ha u July - August.

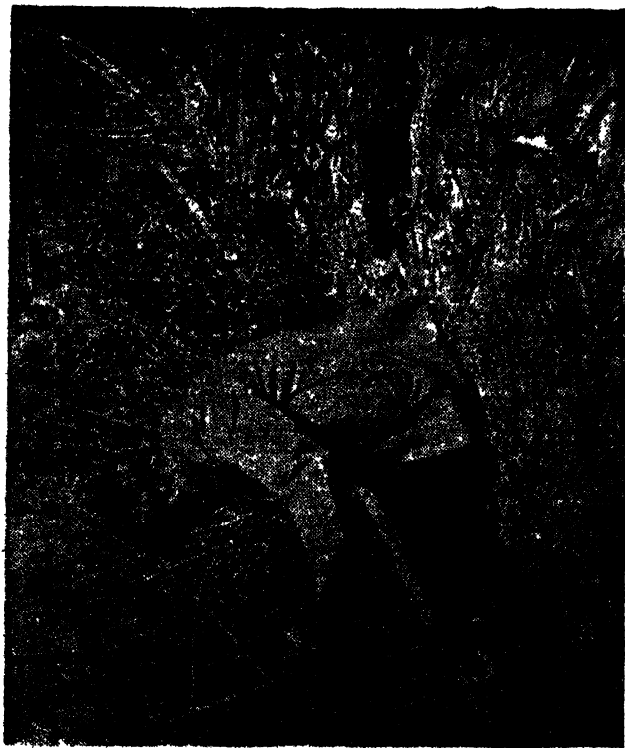
U Soh Lakun ha u August bad lah ban pynsah haduh u October.

U Soh Klong September - October.

Kumba la ong shakhmat, u soh u long uba bha shibun eh kum u jingbam. U don pahuh ia kita ki bor tei met, kita kiba ki khot ki Vitamin etc. Lada ngi don ka kper ban thung soh, kan bha ban da khein ban ioh ia ki jait soh ba pher ha ki por ki por. Da kaba leh kumne, ngi lah ban pynioh soh ban bam ki khun ki kti bad baroh shiing haduh 6 ne 7 bnai khlem da thied na iew.



U Diengsoh ha dang shu dep krap
(Upper Shillong)



Ine i Parad i dang ot ia u dieng hym pat krap
ban krap noh da u sohplom.

Na ka Agriculture Departmant don bun jait sa kiwei ki jait soh. Hynrei kitei ba la ai haneng, ki long tang kito kiba ia thung paibah ha ki thain Upper Shillong

Ka por thung : Ia kine ki dieng soh lah ban thung ha ka por tlang bad ha ka por lyiur. Ha ki bnai tlang, kaba biang eh ka dei ha u January. Hynrei haba thung ha ki bnai tlang, dei ban da ai um la kumno kumno lai ne saw sien ha ka shi-taw. Ha ka por lyiur kaba biang eh ka dei shuteng u June. ha u u July la kiba kham rit dieng, lah ban thung haduh u August ruh. Haba thung ia ki dieng soh ki bym pat krap dei ban krap neh haba ki dang rit. Lehse kaba biang eh ka dei ha u dieng u la leh kumba kat ka shympriah kti.

Ki nongkrap : Kiba bun ki nongrep ha ki khap sor Shillong ki long kba nang bha ban krap soh. Hynrei kito ki bym nang ruh ki lah ban shukhot nong krap. Ki Ophisar ka Agriculture Department barabar ki long kiba la kloi ban iarap ia ki ha kane ka liang ruh.

Ka tynrai soh : Ka long kaba donbok shibun eh ia ki nongrep bad ruh ia kito kiba don kper don phrah (kitchen-garden) namar na ka liang ka Agriculture ka pynkhreh khnang bun jait ki tynrai dieng soh na ka bynta ban pynioh ia ki.

Nga la jer katto kattne ki jait soh ba lah ban thung ha kper Na ka Agriculture ki nongrep ki lah ban ioh bun jait, ka lah ban long da ki phew ne spah jait.

Ka jingkhah jingniar : Ia u Sohphoh, Lakun, Soh phareng, ka jingniar na uwei ha uwei u tynrai ka long kumba 15 phut. Lada mut ban da kaylad (prune) lah ban kham thung khah.

Ka sboh : Ki nongrep jong ngi kim ju ai sboh ia u dieng soh, shisien ba la thung. ki ieh la ka ieh kumto. Ki ju ong, yn leh aiu ban da ai sboh ka khyndew ka la ai buin ai-thiang hi. Ha ki por ba mynshwa, lehse ka long kumta. hynrei mynta, ka por imat ka la dei la ngin da ai sboh ia ki diengsoh ruh.

Ia ka jingbun ka sboh, ka pher na uto u bym pat soh bad uba la soh, ki riewstad ba dei ia ka rep ki bthah ba ia u bym pat soh ai 5 haduh 10 kg ka sboh shitynrai shisnem. Ka por ai sboh ka dei ha ka por tlang. Kawei kaba ki nongrep ki ju leh la long shisien shisnem ha ka por tlang ki da puh bha ia ka kper soh ki ong u diengsoh uba dkut thied khyndiat khyndiat u kham soh bha.

Kaba sumar : Ia ki tnad kiba la troin dei ban khyllad noh. Ki dieng soh kiba la kham iaw dieng ju shem ba ki sop nuit maw. Ia kine ki nuitmaw dei ban pynkhuid. Haba pynkhuid kumne ia kito ki bym shem lah ban shu phut da ka kti, hynrei don ki nuitmaw kiba skhem bha. Ia kine dei ban shu khrud.

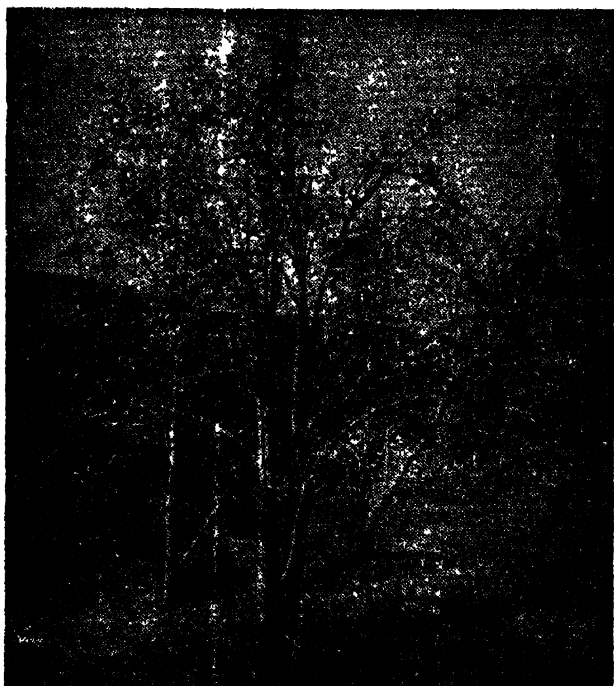
Ia ki tnad kiba leit suh marwei bad jrong than, dei ban mait (prune) pynwan dur. Da kaba leh kumne, u diengsoh u kham bha. Ka lyer kam ioh ban khyrwait bad khynniuh than Nalor kata ban sumar ia u diengsoh ruh ka kham pynsuk.

Ki soh : Kiba bun na kine ki jait soh ki phuh syntiew ha ki bnai February - March. Ki soh pat ki sdang bau ih naduh u May ter ter.

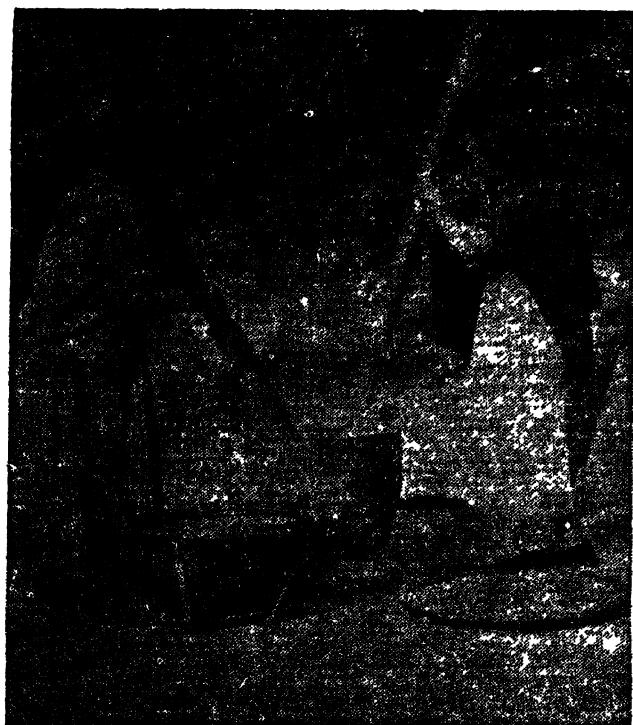
Ki nongrep jong ngi ki ju aiwai ia ki soh ha shwa ba u soh un ih. Lada ki ai wai lut, ma ki bad ki khun jong ki, kin ym ioh bam soh. Kumta wat la ki long trai ia ki diengsoh, pynban kim ioh bam soh,

Sa kawei shuh, ka long ka jingmlien jong ki nongrep, ban die lut ia ki soh kiba bha. Ia lade bat ia ki khun ki bam da kiba tam kyntait Ha kane ka liang la i dei ban ia pynkym-maw ia ki nongrep jong ngi, ban tyangkii ia lade, da ki soh kiba kysai,

Ki soh ki long ki jingbam kiba kordor eh. Lada kot bor, dei ban thied barabor khnang ban ioh bam, Haba la don la u jong lei lei ka long kaba dei eh ban pynmlien ban bam da kiba kysai tam.



☛ Soh Lakun uba la khia jun da ki soh (ha Mawklot)
Une u mih Rs. 400/- shi tynrai ha ka snem 1983.



Ki' dang ia dung Shynrai ha Shangpung (Jaintia Hills)

U soh u long uba ai jingmyntoi eh. Ha kine ki ar lai snem ka dor soh ka long hapdeng Rs. 40/- haduh Rs 100 shikhoh rit. Uwei u dieng soh u ba la pura ka jingheh, haba u soh bha, u lah ban pynmih 300 haduh 500 tyngka shi tynrai.

Kumta ha ki jaka ba u soh u iadei, la dei ban ia pynshlur ban thung soh. Kumta ia ong nador ba u long u jingbam u ba kordor eh ia ki boew, u long ruh uba ai jingmyntoi eh ha kaba pynmih pisa,

—X —X —

U S H Y N R A I (Curcumalonga zingiberaceae)

Ia u shynrai ngi donkam man ka sngi. Ha ka jingshisha, man ka sien ba ngi bam ja, ngi donkam ia u shynrai. Lada khlem u shynrai, ym lah ban mutdur kumno kin long ki jingtah bang baroh. U Shynrai u pynibang nador nangta u pynbang, khamtam u shynrai im, u nang pyniwbihi ia ka jingtah,

Nador kaba pyndonkam kum uwei na ki jingshoh jingshain, u shynrai u don ruh ki bor dawai ha u. Don kiba pyndih ban bon ia ka prie ka pynhiar. U long u dawai ruh ban tah niangtyrsim. Don sa kiwei kiwei de ki rukom jingpyndonkam ia u kum ka dawai, hynrei ngin ym pynjrang shuh ia kane ka bynta.

Ka jingrep shynrai ka long kaba la rim eh ha kane ka ri. Na ka bynta ka jingtip ba bniah, la ioh ban lum jingtip na Shangpung, ka shnong kaba jur eh ka jingrep shynrai. Ka jingpynmih shynrai na Shangpung shisnem shisnem ka long kumba 3000 mon ei ei.

Ka jingrep shynrai ha Shangpung bad ha kiwei ki shnong ba marjan kum ka Raliang. Mawkaiew, Mulieh, Pammanik, Kyndong Tuber, Thadmuthlong etc. ka long kaba la rim bha.

Ym lah ban tip naduh mynno la sdang rep shynrai. Hynrei kawei kiba thikna, kat kum ka jingtip pateng ki riewtymmen na sha kito ki thain, ba ka tong ka ba la rim bha lehse kat ki nongshong shnong hi.

Ha Shangpung, khamtam dang kham mynshwa la jin na n ka ing ki briew ki rep shynrai. Wat haduh myata myanne, ka iew Shangpung ka pawnam ch na ka bynta u Shynrai

Katba lah ban lum jingtip na Saangpung, ki jait shynrai ki don haduh san jait

Ki kirteng ki long kumne :—

1. U Shynrai Lakadong. Une u dei u jait u ba bha tam u stem - saw bha (deep red)
2. U Laskein. Une u jait u lam stem byrlieh. U lam byr-
ngiang haba bam.
3. U Ladaw. Une u jait u syriem ia u Lakadong tangba um
kot kat u Lakadong.
4. U Shyrmit Sying. U don ka rong kaba itynnal syriem
ia u Lakadong. Une ruh uba bang ban bam.
5. U Shyrmit rngaw. Une u jait uba kham byriong.

Ka jaka : Ia u Shynrai ki ju thung ha lper riewhadem. U Shynrai u bha haba thung wat ha ki bri soh lada ym da sngop palat. Kumta ngi lah ban ong ba u long u jingthung bynrap (Inter crep) bad kiwei kiwei ki jingthung. U riewhadem bad u shynrai ki ia mih ia san lang khlem da pynwit uwei ia uwei pat. Ki nongrep namar kata ki ioh ka jingmyntoi ar-bynrap na u shynrai bad u riewhadem.

Ka Khyndew : Shwa ban thung ki puh ia ka khyndew ha ka jing jylliew kat ban biang ban thung riewhadem.

U Symbai : Na ka bynta ban thung ki ju buh symbai da u iaw (kmie) bad ym da ki khun ne ki toad namar ki ong ba u kham khlain. Une u dei u jait uba ki Shangpung ki ju buh symbai bad ki ong ba u khlain shibun. Ia u symbai shynrai, ki da sumar bha da kaba tih thliw ha ka khyndew kaba rkhiang oad btep ia u hangta haduh ban da dei ka por thung.

Ka rukom thung : Buh shwa ka sboh, nangta u shynrai. Tap khyndew malu mala nangta sa buh sa u riwhadem, pathaw, phrisbin etc. Ban iada na ki khniang, ki ju ber ka dawai pyniap khniang khyndiat ha ka eit masi.

Por thung : Ka por thung shynrai ka biang eh ha u Ia-iong la kumta ruh, ki dang thung hi wat haduh shiteng u bnai Jymmang ruh.

Jingkhah jingniar : Ia ka jingkhah jingniar ki pynjingai kat ban biang u riwhadem. Ka jingjingai ka long kumba ar phut na u wei ha u wei u tynrai.

Kaba kara : Ka jingai khyndew ka long ha ka por ba u riwhadem u la biang ban ai khyndew, kata haba u la jiong kumba shiphut tam ei ei.

Ka por tih : Ia u Shynrai ki ju tih ha u bnai Nohprah bad Kyllalyngkot.

Kaba pynkhuid : Hadien ba la tih, ki thad snji haduh ban da rkhiang bha ka khyndew kaba snoh ha u shynrai. Haba u la rkhiang ki kynther ia ka khyndew bad kyrshut artad. Haba kyrshut, u snep stang jong u shynrai ruh u khlor bad hap.

Shwa ban siah stang : ki kynruh ha ka kriah kaba niar, da kaba leh kumne, ka hap lut ka khyndew bad u khlor lut u snep. Lada sap khyndew, sniew rong u shynrai.

Kaba siah stang : Ia u shynrai ki siah stang bha da ka tari kaba nep. Ki nongsiah shynrai ki long kiba sted haduh katta katta bad ki lah ruh ban siah stang ryntih (uniform) ia u shynrai.

Haba la dep siah, ki thad ha ka sngi. Haba thad dei ban phriang stang bha khnang ba un rkhiang. Haba u la rkhiang, ki thep ha byrni ne kiwei ruh ki jingdiang.

Ban dung : Ia u shynrai ki dung ha u thlong ha ka juh ka rukom kumba dung kba ne krai. Ha ka shisngi lah ban dung kumba 10 ser. Ka bainong dung ka long shipiah shi ser.

Mynta la kumba 10 snem la wan ka jingkylla bad bun kiba la shu ai dung ha ka kor. Ka dor dung ha ka kor haduh mynta ka long sanphew paise shi kilo. Ka kor ka lah ban dung kumba shi byrni shi kynta. Haba dung da ki briew donkam ban dung haduh san sien hynrei da ka kor donkam arsien dung.

Ia u shynrai lada buh slem ruh um ju lei lei. Haba um don dor lah ban buh pynap haduh shisnem ruh. Hynrei lada buh slem eh, palat ia ka shisnem, wat la um sniew ruh hynrei u sting thew noh.

Ka dor shynrai : Kumba 20 snem mynshwa, ka Agrigulture Department ka thied shynrai tylli ha ka dor Rs. 60/- haduh 80/- shimon. Uba la dep dung haba thied mynta na shnong' u long Rs. 4 haduh Rs 6/- shi kilo. Ha Shillong pat ka long Rs. 10/- haduh Rs. 14/- shi kilo.

U Shynrai u dei u jingrep barim, u don bynta ruh ha ka kolshor jong ngi khamtam ha ri Pnar bad ri Bhoi. U dei uwei na ki jait rong ha kaba wieh rong jain. Une u jingrep u long namar kata uba kordor eh, u long uba dei eh ban ioh ka jaka ha ka khih ka kamai ki briew jong ngi, khamtam kito kiba la ju trei. Ka long namar kata kaba dei eh ban nang ia ai mynsiem shuh shuh, khamtam ia ki nongrep shynrai ba kin pynneh pynsah ia kane ka jingtrei kaba kordor eh.



U Sohkynphor (Caricaceae)

U Sohkynphor u dei uwei na ki jait soh kiba kordor eh, uba u dei bha hangne ha ri lum jong ngi Ym lah ban ong thikna naduh mynna ki long shwa jong ngi ki la sdang rep ia u Hynrei tang kawei kaba thikna ka long ba u dei uba la ju don na duh hyndai eh. Ia kane lah ban bud syrwet namar ngi don u Sohkynphor bad u Sohkynphor Shrieh uba mih sha k daw. Kane ki kdew shai kdar, ba ngi don uba da rep bad uba mih hi ruh. Nalor kata, ka don ka kyrteng shnong ba jer "Sohkynphor" bad ka long kaba la rim bha, ka pyni ba ngi la ju don u Sohkynphor naduh hyndai hynthai.>

U Sohkynphor u dei uba kordor shibun eh Ki riew bam bha bun miat, bad ki heh ki hain, ki ju shet jingbam phler (podding) da u Sohkynphor. U long ruh u jingbam uba long dawai ia kiba don jingshitom kpoh. U long u jait soh uba iadei bha ban bam jhur haba u dang im bad uba bang eh ban bam pyngngad. Nalor ba u long uba bang ban bam u long u jingbam uba don shibun ia kita ki bor jingbam ban tei bad bsa ia ka met.

U Sohkynphor u dei ruh u jait soh uba ngi lah ban ioh la jan baroh shishem lynter. Hoodid, u don la ka aiom kaba u mih pahuh (peak season) ha ki bnai pyrem bad pynnoh lyiur. Hynrei kumba la ong, lah ban ioh ia u ha baroh ki saw samoi.

Ki riewstad kiba wad bniah ia ka bor jingbam kaba don ha u Sohkynphor, ki shem ba u don bun ka Vitamin A. Lada bam tista ki shem ba u pynjlilh, bad pynitynnad ia ka snieh doh ruh. U don ha u haduh 86.6 ka kynja um bad 5% ka Protein, u don ruh 0.1 ka khlein, 0.4% ka Mineral bad 9.5% ka Carbohydrate.

La iathuh ba u ta u riew khraw U Marco Polo mynba u lelt jingleit sha China lyngba ka ri India ha ka snem 1260, u la shem ba ha ka jingleit lynti duriaw jong u, U Sohkynphor

u pynkoit ia ka jingpang Scurvy bad suhot kaba ki nongleit jingleit duriaw ki ju ioh. Shuh shuh, u Vaseo de Gama mynba u hiar ryngkew ha ri India ha Calicut ha ka shem 1498 u la ioh ia ki Sohkyphor kiba don hangta. U jer ia ki "Ki Sohksiar ka jingim".

U Jingthung bynrap : U Sohkyphor u long uba iadei bha ban thung kum u jingthung bynrap ha ki bri soh bri kait, bri sohphan bri kwai etc.

Hangno u iadei : U Sohkyphor u iadei bha ha ki ri syaid. U mih kynrei ha ri War bad ri Bhoi u long ruh wat ha ki jaka pynnoh ri War bad pynnoh ri Bhoi bym da khriat tangba u duna ka jingthiang.

Katno u shim por ban soh : U dei u jait soh uba soh kloï, tang ha ki ar snem bad lai snem, la ioh bam soh kynphor pahuh.

Ki jait : Ki Sohkyphor ki don bun jait. Don uba lam pyl'un, don uba shaltuin don ruh uba jrong lshuin. Ki nongrep ruh ki jer kyrteng kiba pher ia u, kum u Sohkyphor ksing, Sohkyphor Tangduma, Sohkyphor Shynrang, Sohkyphor Kynthei etc. Ka Agriculture Deptt. ka ju ai sha ki nongrep ki symbai Sohkyphor kiba bha. Uwei u nongrep u iathuh ba u Sohkyphor wei u la don ha bri, u la hap symbai hi, u mih la ka mih, ym iai lah bam. Hynrei ka jingsumar ka long kaba donkam eh. Donkam ruh ka sboh, la ka long ka sboh nuit ne sboh eit masi ne sboh sniang.

Uba mih Pisa : U Sohkyphor u long uba rem dor shibun eh. Ha sor Shillong mynta ka dor Sohkyphor ka long naduh Rs. 3/- haduh 6/- ne 8/- uwei. Kumta u Sohkyphor, nalar ba ngi ioh ban bam kum u jingbam ba kordor, u long ruh uba mih pisa bha. La sngew dei namar kata ban pynshlur ia ki nongrep jongngi kiba shong ha ki jaka kiba u iadei met ba kin thung Sohkyphor bha. Da kaba leh kumta ka Ri jong ngi kan nang kham riewspah ha ka jingdon ki jingbam ba pher; ha ka juh ka per. kan pynmyntoi ia ki nongrep hi.



U Sohkyphor ha lamkhon
Kum une u Sohkyphor ha lewduh u shongdor
6 ne 8 tyngki uwei.

KA JINGREP KYNPHAD

U Kynphad u dei uwei na ki jingrep kiba pynioh ksai. Ia u 'sai kynphad, la pyndonkam naduh hyndai hynthai ha kaba thain jain. Ki nongthoh history bad ha kiwei ki jingthoh ju don ka jingkynthoh shaphang u kynphad. Uta u nongthoh history uba khraw u *Herodotus, u kynthoh shaphang ki nongialeh thma India kiba bah ryntieh bad u nam pliang kiba phong da ki jain ba la thain da u kynphad.

Ka la paw shuh shuh ha ka jingthoh ba ha ka por jong ka Syiem Elizabeth I, ka Company Phateng ha ri India ka la iohnong jur na ki mar khaii kiba kynthup ia u kynphad, *ha ka snem 1613 ka la iohnong £ 1200, nangta ter ter ka nang kiew bad ha ka snem 1924 ka iohnong haduh £50, 000.

Ha ka por ba u Sahep Thomas Jones ba nyingkong u la wan poi ha Sohra ha ka snem 1841, u da peit shin wat ia ka riam ka beit ki Khasi. Shaphang ka riam ki rangbah la thoh kumne .. the men wearing simply a fringed jacket, roughly women of hemp, just reaching the thigh and with the arms bear" ... "Ki rangbah ki phong tang ka jaket thai-thai, kaba la tham na u kynphad. bad ka jynsur ruh haduh lbong, bad la kti ka long lymboit "

Hapdeng jong ngi ki riwulum, ka jingrep kynphad ka long kaba la rim kat ki lum hi. Ha pdeng jong ki Garo, ki don ka khanatang ba ki dei ki nongrep kynphad naduh ka juk barim bajah. Kat kum ka khana pateng ki ong ba hyndai kulong kumah, ki la shong shnong ha ki lum Tibet. Hynrei ki shem ba u kynphad um iadei hangto. Kumta ki wan phet noh sha ki lum Garo ki da rah ryngkat bad la u kynphad Haduh kane ka sngi, ki dang rep bha ia une u kynphad ha ki lum Garo uba ki la wan rah symbai naduh kata ka juk.

Ka jingrep kynphad ha ri Khasi ka long kaba bun bha ha ki por hyndai. Kane ka long namar ba ia ki jainphong jong ki, ki ju thain hi bad uwei na ki jait ksai uba ki pyndonkam, dei u kynphad.

*Five thousand years of Indian trade,

Ki jait kynphad : Kiba kongsan eh na ki jait kynphad kiba ngi don, lehse lah ban kynthup ia kine lai jait.

1. U Kynphad dieng uba ha ka kyrteng Science ki ong u Malvaceae garypium herbasium. Une u dei uba rit dieng, u jrong tang kumba hynriew ne phra phut. U sei puh ha ki bnai January-February. Ia une u kynphad ki pyndonkam khleh lang bad u kynphad rit uba la rep ha lyngkha, Une u don byllai haduh mynta mynne sha ri Bhoi kum sha lamkhon, Sohnidan, Mawlaho, Mawpat bad shawei.

2. Ka Kya (Sipendaceae aesculus sp). Kane ka dei ka dieng bah lata don sha ri Bhoi bad sha ri War. Ka dei ka jait dieng kaba hap sla ha ka por tlang. Ki tnad jong ka kiba pyiar itynnad. Ka puh syntiew ha ki bnai February-March. bad ki puh kiba saw hoin hoin. Kane ka dieng ka paw kyrteng ruh ha ka khanatang "Ka Nam" mynba ka ong : -

Pat ko kong 'Ri
 San ko kong 'A.
 Pat ko kong 'A
 San ko kong 'Ri.

U jait kynphad uba ngi loh na kane ka dieng u long uba larkam eh. Ia u kynphad kya ngi khet da kawei pat ka kyrteng U Rui — Ia u Rui kham pyndonkam sha ri war. Sha ki thain Ri Bhoi kim ju da kham lum kynphad na ka dieng kya. U rui u larkam eh ha kaba *Syngkhien* khlieh.

3. U Kynphad uba ki ju rep naduh hyndai hynthai u dei uba lyngkot rnyieng. Une u dei uba ki pyndonkam bun eh ha kaba thain jain. Ia une u kynphad, ki bet ha ki jingrep shyrtie jong ki, ki thung lang bad u kba ha ki jingrep kba lum. Ki thung lang ruh bad kiwei ki jingthung kum ka shriew, phyrnap, sohmynten, etc.

Hadien ba la kheit, ki thad haduh ba un da rkhiang bha. Ynda u la rkhiang bha ki tylliat da ka jingtylliat kynphad kaba ki shna hi ca ka dieng. Haba la tylliat kumne u shyieng

hap lut. U kynphad ba la tylliat u lang lymbung, Ia ùne pat ki pynpra da kaba bsiat da ka ryntieh siat kynphad. Nangta ki pynmyllon ia ki bad haba la pynkhuid kumne, u la biang ban thir ksai.

Jingpyndonkam : Kumba la ong sha khmat, ia u kynphad, hadien ba la thir ksai, ki thain jain Ki jait jain kiba ki thain na u kynphad ki dei ka Jain it, Jingki, ka Phali, ka Phakshaid, ka Jarympan (kane ka jain kaba ki pyndonkam tang ki kynthei ha kaba teh synkai lane *sympun*. Ia kane ki ju thain at roig. Jan baroh lawei ka jain ka dei da kaba saw. Ha jan k. tduh baroh at liang pat ki thain da kaba lich). Ia ka jain ryndia ruh ki *kynrang* da u kynphad Ki don ruh kiba thain khleh u 'sai ryndia bad u kynphad Ia ka jain kaba la thain khleh ksai kumne ki die ha ka dor kaba kham jem.

Ki shnong rep kynphad : Ka jingrep kynphad ka jur eh mynta ha Garo Hills Ha ri khaai ka dang sah snap ha ki shnong ri Bhoi ba ia khap bad ka Assam.

Ha ki por hyndai ha ka por ba ym pat da loh pisa ki briew, la iathuh ba ha kito ki shnong rep kynphad, ki ju leit ia pein jingsiew bad ki dkhar sha ki iew khappud. Ki nongrep jong ngi ki at ia ki dkhar da u kynphad, ka shriew, sying, phyrnap, etc bad ki dkhar pat ki at da ka mluh, puria, etc.

Une u jingthung u long uba ki longshwa jong ngi ki la ju don naduh hyndai eh. U long ruh uba la pynioh ka kup ka phong ia ngi U la long ruh uwei na ki mar khaii ba pyniaid sha ri dkhar. Ka long kaba dei eh ba ma ngi kiba im ha kane ka juk, ngin iai pynneh ia kane ka jingtrei barim bad ba ka jingshisha ngi dei ban nang pynbun ka jingrep la u.



U SDER

Ka jingrep Sder ka long lehse kaba la rim kat ki nongshong shnong hi. Kane ka long namar la rep na ka bynta ban sop iing. U long u wei na ki tiar thaw iing kiba donkam eh. U la long ka jingkyrkhu kaba khraw ia u duk u suk ha nongkyndong. Haduh mynta mynne, da ki hajar bad phew hajar u paid duk u ioh iing namar ba don u sder sop iing.

U sder u lon uta ki pyndonkam ha kiwei ruh ki jingshna. Ia u phong sder ki shna ia ka Ksing phong. Kane ka dei kawei na ki jingtem kiba la rim eh bad kaba ki dang pyndonkam haduh mynta mynne. Kumta ngi lah ban ong ba u sder u don bynta ruh ha ka kolshor jong u khun Khasi. Ia kane ka 'sing phong ki kham pyndonkom bha ha Khadar-Shnong.

Sa kawei pat ka jingpyndonkam ka dei ha kaba shna Panjira. Ka Panjira kaba la shna na u phong ka long kaba inynad shibun eh.

Kawei pat ka jingpyndonkam ka long ba ki shna *risaw* ha kaba tymphong ha u 'nam *tynsieng* bad ,nam *shynroh* la kine ki khnam, ki pyndonkam tang ha kaba siat ia ki mrad kiba rit. Nalor kata ia u *skum* ruh ki ju shna da u phong sder bad sa shu tap stang na jrong da u *khyllieng*.

U Sder u long uba lah ban neh slem slem. Shisien ba la bet ia u, lada sumar, u lah ban neh haduh 20 ne 30 snem ruh ha ka juh ka jaka.

Ka jaka thung sder

Ia ka jaka ban thung sder, ki ju jied ha ka jaka ba long budlum ne kyntong lum. Kim da kham thung sder ha ki jaka them bad ha madan. Kane kam mut ba u sder um bha ban thung kum ha kine ki jaka, hynrei namar ba kin ioh ban thuug kiwei pat ki jait jingrep. U Sder u long bha wat ha ki jaka ki bym sboh ruh

U Symbai

Na ka bynta ban bet ia u sder, ki shu pom ia u *phong* baroh shi rymeng bad sieh ha ka jaka ba mut ban rep sder. Na ki phong ba la sieh, ki symbai ki hap bad hapoh khyndiat bnai u sder u la mih ha kato ka jaka.

Ka por bet

Ia u sder lah ban bet ha ki bnai tlang haba la iaw bha u symbai Ia u phong dei ban pom noh ha shwa ba ki p'hiang kin hap Lada ich slem eh, ki symbai ki hap lut na u phong.

Ka por Khir Sder

Haba ladep ban lum ia u krai u sohriew, ki kynthel ki sding ban *khir sder*. Ka por kaba bha eh ka dei ha shwa ban khie u *lyer rymphang*.

Ka rukom khir sder

Ia u sder ki ju khir na syndah khyndew Kane ka dei namar ba u sder un bha. Lada khir (ot) na jrong eh, u sder u sniew noh.

Ia u sder hadien ba la khir, ki buh lynnong lynnong kumba shikham shi lynnong. Ia kine ki lynnong ki phriang bad pyn-iaban pyniapam da kumtei da kumthie etc. ki buh khnang kumne khnang ban suk ban kynthar.

Ka Por Kynther Sder

Haba la dep ka thung ka tep, kumba ha ki bnai laiong - Jymmag, ki kynthel ia u sder Ha ki thain Sohra, ha ba ioh slap kloj, ki ialeh ban kynther sder ha shwa ban dei ka aiom slap.

Ka Rukom Kynther Sder

La ong sha khmat ba ia u sder ki buh shi kham ha ka por ba khir. Ha ka por ba kynther, ki shim shi-shi lynuon, lane kat ban biang shi kham. Ki bat na ka jingjingai kumba mar shiteng ei-ei. Ki *sad* da ka khmut wait bnoh ne wait pam. Da kaba leh kumnə, ki ngat lut ki niut ki nier lane kioa pyut bad ba dei ban kyntait. Haba la lah kynther, ki teh song bad ki la biang ban pyndonkam ban *phiang*.

Haba la dep kynther, ki lum lang bad sa teh kit (shi kit). Ha ka shikit sder, ki ju pyniapher *shikit im* bad *shikit iap*. Shikit im ka mut shikit uba dang im, shikit iap ka mut, shikit da uba la iap. Ia ka jingdonkam sder ban sap ing ruh ki khein katno un leit da ka leit iap bad katno da ka kit im. Haba kit im u khia bad haba kit iap pat u sting.

Ban phiang

Na ka bynta ban phiang sder, donkam sa u *lymphiang*. Ia u lymphiang ki shna da u linseng lane shken rit. Hynrei uba ioh pahuh dei u *linseng*. Nangta donkam sa u *wartab* de. Ka lynter shiphiang ka long kumba lai pruh bad ha ka shiphiang donkam kumba lai ne saw song u sder. Ha ka shiphiang sder, donkam sawtylli ki lymphiang bad kumba 10 ne 12 tylli ki wartab.

Lehse ia kane ka lynnong ngin pynkut shwa, bad ia ka rukom sop iing da u sder ngin ym pat ia kren hangne.

X—X—X—X

KA JINGWIEH RONG JAIN

Napdeng ki jingtrei kti, ka thain ka wet u khun Khasi, ka kam thain jain ka dei kawei na ki jingtrei kaba la ju do naduh kulong kumah. Ym lah ban lap syrwet naduh mynno ka la sdang, hynrei ngi lah ban ong ba ka long kaba la rim kat ki nongshong shnong hi.

La iathuh ba dang ha ki por ba kham mynshwa, khamtam ka kup ka phong ki kynthai, ki da don ka riam pher ha ki *khen* ba iapher. Ki da pynpher ha kaba kum kano ka *khen* (occasion) ban riam lieh, ha kaba kumno pat ban riam iong, ka jingram aiu ban riam khieh balieh - basaw, ta saw ba iong bad kumta ter-ter. Kumta ngi pynkut na ba ka jingwieh rong jain ruh ka don ka jingiasoh bym lah ban pynkhlad na ka kolshor u Khun Khasi. Hynrei ia kane ka phang ngin ieh teng noh shwa bad ngin ia kdat noh shawei, bad kata ka long ban ia peit tang ia ka wieh rong jain.

Ha Meghalaya, kiba bun ki nongthain jain ki don la ki jong ki jait rong ban wieh rong ia ki ksai jong ki. Ia ki rong, ki ioh na ki snep dieng, theid dieng, ki sla ne ki soh jong ki dieng na khlaw. Hynrei ki tiar rong bad ka rukom wieh rong ka pher na kawei ka jaka sha kawei pat. Ha Garo Hills ki pyndonkam bun ki jait sla dieng. Katto katne, katba lah bah ioh jingtip, ki long - u sla sohtrun, tympecw, doblili, segun, snep sohphan, tebrong; u soh artac, silika, mepuri, balbit bad kiwei.

Ha ki thain Jirang pat ki pyndonkam ia kine :—

(1) Ka Labasia (2) Ka Longlei (3) U Punjarnong.

Ha ki thain ri Ehoi pat ki pyndonkam bha ia kine harum: ka sla Sohtung (*Aralia*, *Araliaceae*), Ka Lakhynrah (*symplocaceae* *symplocos glomerata*) ka sla dienglyngki (*Euphorbeaceae* *aparata* sp) ka thied dieng rnong (*Rubiaceae* *morinda* sp), u phuh Jarasong (*Malbaceae* *Hibiscus indica*), ka sla diengkyrkah, shynrai, ka laha, ka eitnar. Ka Pantaro (*strobilanthes* sp). Ka Nili (*strobilanthes secundusercantheaceae*), ka sla Milang.

Ki jait rong kiba ki ju pyndonkam bad ba lah ban ioh na kitei ba la jer, ki long ka rong saw, rong stem rong iong bad rong jyrngam. Ka rukom shet rong ka don katto katne ka jingiapher na kawei ka jaka bad kawei pat, hynrei kaba ki kham ia pyndonkam paidbah lah ban buh kumne harum:—

Ban ioh ia ka rong saw:

Nyngkong eh ki pynthnam ia ka um ha u khiew khyndew nangta ki thep ka laha. Na ka bynta ban wieh rong ia u ksai ban thain ka juin kaba phra la arpruh shiteng, donkam 1 kg ka laha. Ia ka laha ki shet pynthnam katto katne.

Nangta ki theh ha u thlong, ki dung bad pynkhih da u synrei haduh ban da lwit lut ka laha.

Nangta pat ki theh biang baroh ha u khiew. Ki sa pynthnam. Ha kane ka sien, ki thep ia u ksai bad sa kiwei da ki jait rong bad kita ki long — ka sla sohkhui, ka sla diengkie, bad soh jarasong. Ki ieh ba kan thnam haduh kumba 3 kynta. Khnang ban ioh ka rong kaba paka bad neh slem (fast colour) ki shet kumne haduh laisien lai wat. Kawei kaba dei ban kynmaw bha ka long ba man ka sien ba shet, haba la shim ia u ksai na khiew dei ban thad ha ka jaka ba dum sngi. Ym lit ban thad ha ka sngi.

Ka rong Stem:

Na ka bynta ban ioh ka rong stem. ka rukom pynkreh bad rukom shet la long kumjuh. Hynrei ki jait rong ki pher bad kita ki long - u shynrai, ka dieng-rong. Nalor kine, ki shet ruh bad ka lakhynrah. Ia kane ki pyndonkam ym dei ba ka pynmih rong hynrei ka pyndambit (sticker) bha ia ka rong.

Ka lakhynrah ka don lai jait. Kaba lam kthang, kaba btet bad kaba lam thiang. Ka jait kaba btet ka kjit noh ia ka rong shi la le. Ia jait kaba kthang, kam pyndambit rong. Ka jait kaba bha tam dei kaba lam byrtiang.

Ka rong long : Na ka bynta ban ioh ia ka rong iong ki pyndonkam ia kine ki tiar. Ka eitnar ne maweitser, ka sla sohtung, Sohkyrkah ne likah bad ka sohkhuh. Ha kaba pynkhreh ia ka rong iong, ka rukom pynkhreh ka kham pher.

Nyngkong eh ki tylliat ia u maw eitser ne eitnar haduh ban da lwet. Hadien ka a, ki pdem ha u khiew baroh shimiet. Ha ka sngi kaba bud, ki shet rong ha ka juh ka rukom kumba leh ia kitei ki ar jait ka rong saw bad rong stem.

Don ki jaka kum sha Korkadem bad ki thain kiba marjan ki ju wieh rong da ki rong Jyrngam ruh Kaba wieh rong jyrngam ka dei tang ia ki jain ba thain na u kynphad.

Ka rukom shet rong : Ia ki sla shet ksai dei ban da ot lyngkot ha shwa ban shet. Ia u ksai ki khylliap syrtap syrtap bad ia ki sla shet ksai ba la ot ki buh ha kine ki syrtap. Haba la kut u ksai, ber sla shuh sa na jrong Ka rukom shet ka long kumjuh la ka long ia ka rong saw, rong stem ue rong iong.

Ia ka um laha ban shet rong saw, dei ban da jiar bha, khnang ba kan ym don phngit laha. Ki ju jiar ia ka snait ne rh supa kaba la thain ni bha.

Ha ka rukom rep shyne khlaw, don napdeng kitei ki jait dieng ki ban duh jait noh. Kumta ka long kaba dei eh la ki briew kin ia thung ia kine ki jait dieng ba kordor eh Lyn kumta, kan por ka por ba ngia duh noh ia ki.

Nalor kata, ki rong ba wieh hi na kitei ki rong ki neh kim ju lip rong wat haduh ban da jot ka jain ruh. Kumta ki nongthain jain ha ki thain Ri Bhoi, ia urksai ba pynmih hi, kim ju wieh da ki rong ba thied na iew, hynrei haduh mynta mynne ki dang pyndonkam hi da kitei ki rong.

Nalor kitei ba la buh jingkynmaw hangne, lehse dang don bun sa kiwei ruh ki jait dieng etc, kiba ki ju pyndonkam ha ki jaka ba pher ba pher.

Ha kaba pynkut, lehse ka long kaba dei eh ban ia thaw, lad ba kine ki rukom wieh rong kin ym duh noh.

KA JINGREP LAHA

Ka jingrep laha ka dei kawei na ki jingtrei bynrap ba la ju don naduh hyndai eh. Ym lah ban tip thikna naduh mynno ki longshwa jong ngi ki la tip ia kane ka jingtrei, hynrei imat ka la iaid ryngkat ryngkat had ka kup ka phong. Kane ka long namar haduh mynta mynne ka laha ka dei kawei na ki skit (item) ha kaba wieh rong jain. Kat kum ka jingtip ba la ioh na ki 'riewtymmen na Mawpat (Raj Thaiang). Ki rukom riam barim jong ki kynthei ki don saw jait kiba ki pyndonkam ha ki khen (occasions) ba pher ba pher.

(1) Ka Sem jaju (2) Ka Sem shiliang (3) Ka Sem shapdap bad (4) ka Sem kojari.

Na kitei ki jait jing-iam, ka laha ka ioh ia ka jaka pleng ha ka jingpyndonkan na ka. Ka leit kum ha kaba wieh rong ia ki jain ha ka sem jaju, ka sem shiliang bad ka sem kojari. Haduh mynta ia ka rongsaw ki wieh da ka laha.

Nalor ba ki pyndonkam ha kaba wieh rong ksii, ka laha ka dei ruh kawei na ki mar khaii ba ju shalan shabar. Ha ki por mynshwa, ka jingri laha ka jur eh ha ki thain ri Bhoi. Kat kum ka jingiathuh I Parad Kynji Shadap na Iamkhon, ha ki snem 1920 ter ter, ka dor laha ka poi haduh 100 tyngka shimon.

Ka jingrep laha mynta ha ri India ka jur eh ha ki rilum Chotanagpur ka Bihar kaba pynmih haduh 50% ka laha ha ri India. Hynrei ka dor laha jong ki ka long tang kumba 3 tyngka shi kilo. Katba ia ka laha ba pynmih na Meghalaya, ka dor ka long hupdeng 10 bad 20 tyngka shi kilo Kane ka long lehse, ba ka laha jong ngi ka khambha. Kaba bun eh ka laha ba pynmih na Meghalaya, la shalan sha Assam.

Ki Dieng Ri Laha : Ha ki thain ri Bhoi, ka jait dieng kaba ki kham ri laha dei ha ka dieng sohphynu (leae aspera ec'gew). Ki ri ruh ha ka dieng 'risim (urticaceae ficus mumphai). toh laha (Papilionaceae canjanus). bad Diengtoh (Papilionna-



Dang jngoh ia ki Laha symbat loh don ba pynsniew,
(Ha Iamkhon Ri Bhoi)

ceae manghania). Napdeng kitei ki jait dieng, ki shait kham ri ha ka dieng sohphyrnu, ka laha kaba bha tam ban wieh rong dei kaba ioh na ka laha sohphyrnu. Lada na ka laha Sohphyrnu pyndonkam shiteug kilo; ka laha jri etc. donkam haduh 750 gm. ban wieh rong ia kawei ka jain.

Ia kane ka jait dieng ha Garo Hills ki khot ka Gangma bad ha ki katto katne ki thain Khadar shnong ki khot ka Paidiah R, sang.

Ka Por Rep Iaha . Ia ka laha ki rep arsien shisnem. Ka sien kaba nyingkong bad kaba ki rep bun ka dei ha ki bnai pyrem - pynnoh lyiur kita ha u Iaiong - Jymmang. Ia ka laha kaba mut ban wieh rong jain ki khlong (harvest) ha u Nailar namar ka rong ka damli bha bad ia kaba ki mut ban die sha iew, ki khlong ha u Risaw, don ki jaka ba ki khlong haduh u Naiwieng ruh Na ka bynti ki khniang laha bun buh symbai, ki teh ha ki bnai khmat tlang. Ha kane ka por, kiba bun ki nongrep laha ki teh ia ki khniang laha ha u toh laha. Ha ki katto katne ki shnong ha West Khasi Hills, ki kham ri laha ha ka dieng jrisim Ha kiwei kiwei ki jait dieng kum ka sohphyrnu, diengrai etc. ki pyndonkam tang katto katne, Ha ka shnong Umsohpieng kaba ha West Khasi Hills, uwei u nongrep laha, u ioh 3 mon ka laha ha ka snem 1980. Ka jingmih katter ka laha ka long tang na ki saw tylli ki dieng jr. im.

Ki nongrep laha ha West Khasi Hills, ki iathuh ba ki die ha ki mahajon sha Assam. Kim ju pyndonkam ha kaba wieh rong jaim.

Ki Jingeh : Ki nongrep laha ha ki thain ri Bhoi ki ud shibun eh ia ka jingpynduh na ki muid. La iathuh ba ki

khniang laha ki iap tang na ka jingjynhaw bad jingsma jong ki muid. Kumta bun kiba iehnoh ban ri laha tang namar bym lah sumar na ka jingpynduh ki muid kiba iaid laitlin ha ki lum bad ki khlaw. Kawei pat, ka sohphyrnu ka dei kaba rit dieng. Ha ki jaka ba rep shyrtie khlaw kane ka dieng ka lah ban duh noh namar ka long kaba suk ban rat dyngkhong ia ka.

Ki don ruh ki jait khniang kiba pynduh ia ka laha, kiba ki khot ki niangdpei, ne nianghar. Haba la boi kine ki khniang; ka dieng ka iong ngiin bad ki khniang laha ki iap noh. Hynrei haduh mynta, kum kine kim da don kyarei bad kim shym ktah ia ka jingrep laha.

Ka jingrep laha ka long kawei na ki jinstreit kiba la ju don naduh hyndai hynthai. Kumta la sngewdei ban pynkyn maw ban ia pynneh pynsah ia kane ka jingtreit ba kordor. Nalor kata, kam dei ka jingtreit kaba bam por bam bor Hynrei ka long kaba don ka bynta ha kaba pynneh pynsah ia ka riam Khasi nylla ha kaba wieh rong ia ki jain kiba ngi niewkor eh. Ka jingrep laha namar kata ka don ruh ka bynta ha ka holhor jong ngi.

—X—X—X—

KA JINGTHAW KHIEW HA TYRSHANG

Kum ka ri bad ka jaitbynriew ngi sngew sarong ban pyrkhat, ba hangne ha ri lum Khasi jong ngi, ngi la nang ia ka kam thaw Khiew naduh hyndai hynthai. Ngi lap ia kane ka jingtrei ba kordor tang ha Larnai bad Tyrshang ha Jaintia Hills. Mynta kane ka jingtrei ka la nang duna, hynrei ngi sngewbha eh, ba ha kitei ki shnong ki dang pynneh pynsah ia kane ka jingtrei kaba kordor eh kaba long ka matti jong u Longshwa jong ngi.

Naduh ki por hyndai, kano kano ka ri ne ka jaitbynriew kaba la nang ban shna hi ia la ki tiar kum u Khiew, ki pliang etc. la niew ba ki long ka jait bynriew kaba la shai ha Ka jingdon kane ka Industry ha ri Jaintia, ka dei ka-bwei na ki dak ki shin kiba pyni ia ka ta.

Ka long kaba eh ban lap syrwet naduh mynno la sdang ia kane ka Industry. Hynrei kaba ngi thikna ka long, ba ka iingthaw khiew ha Larnai ka long kaba naduh hyndai kulong jkumah.

Kawei kaba sngew sammut ban tip ka long ba ka jingthaw khiew ha Larnai bad Tyrshang ka dei ka jingtrei jong ki Kynthei. Kane ka long lehse, namar ba ki kynthei ki jem bad ja kti, kumta ki nang bha ban pynwandur, ban pynjliah bad pynitynnad ia u khiew. Ka kam jong ki rangbah ka long tang ban leit tih bad kit ia ka khyndew ha ing.

Nangno ki ioh khyndew : Ki don arjait ki khyndew kiba ki pyndonkam ha kaba shna khiew. Kawei kaba ki ong ka 'dawieng' (dewiong) bad kawei pat ka dawkhluit (dewkhluit). Ia barob ar kitei ki jait khyndew, ki ioh tang na Sung. Haduh

mynta ym pat lah ban ong la ngi don ne em hawei de kum kine ki jait khyndew ha ri lum jong ngi. Ha ka tyllong um ha Sangmein ka don ka dewbyrtha iong kaba ia syriem shibun bad ka "Dawiong" ha Sung.

Ka jingshna khiew khyndew ha ri India ka la nang roi sted mynta. La don bun ki skul bad jaka ai Training ia ki nongthaw khiew bad ki don mynta haduh kumba 13 lak ngut ki nongthaw khiew ha kylleng ka ri India. Hynrei hangne ha ri lum Khasi Jaintia jong ngi kumba la ong. ngi don tang ha Lainai bad Tyrshang bad mynta lei ki la nang duna.

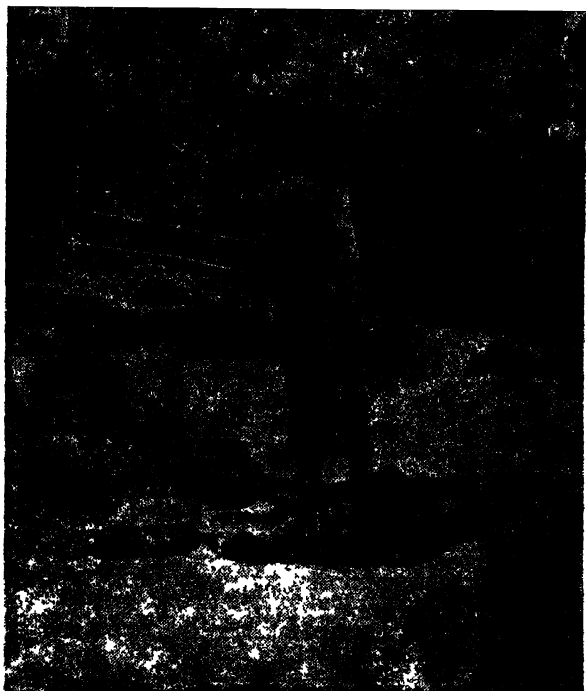
Kan long kaba sngewtynnad shibun eh lada ki nongthaw khiew jong ngi hangto, kin ioh ka jingpynshlur ban nang pyn heh pyniar ia kane ka jingtrei.

Ka jingpynkhreh : Ha shwa ban sdang shna khiew, ki pyn-biang shwa ia ki arjait ki khyndew, ka Dewiong bad ka Dew-khluit.

Ka Dewiong : Kane ka dei ka jait khyndew kabi dambit bad ka Dewkhluit ka dei ka jait khyndew kabi lum jyrngam. Na ka bynta ban shna uwei u khiew uba rit, donkam kumba 1 kg. ka dewiong bad 400 ne 500 grams ka dewkhluit.

Ia kine ki khyndew ki pyniakhle bha, nangta ki dung ha u thlong nangta ha ka snieh masi. Don kiba shu dung tang ha ka snieh masi khlem da dung ha u thlong. Ha ka por ba dung ki synreit um artad-artad oi kan dambit, ki dung haduh ban da lwit bha haduh ban da pait lut ki symboh khyndew baroh.

Haba la dep dung, ki shna pynlyngknep bad sa ber dpei khyndiat. Ki pyndem ha ka lyntang ba la shna khnang kaba ki khot ka *pyrtap siang* bad ia ka lyngknep khyndew ki khot ka *pyrtap*. Hangue ki pynryntih bah ia ka jingrben jingstang da u dieng uba la shna khlang.



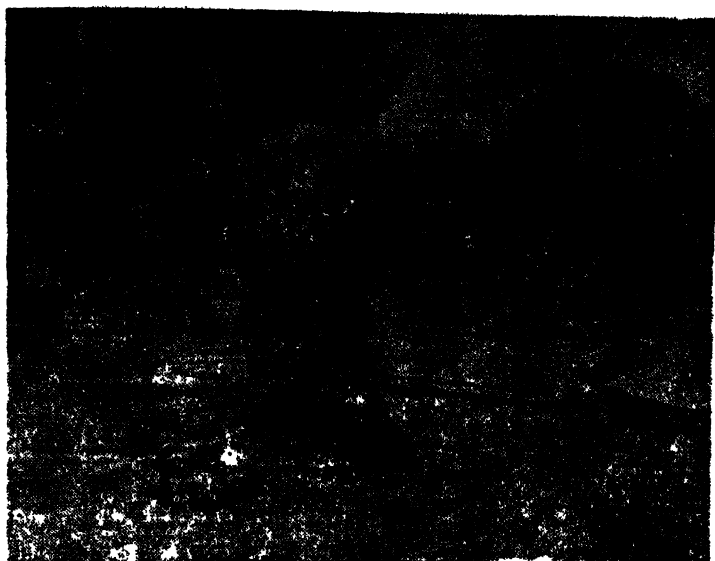
Dang dung Dawlong ha la snieh
ban thaw khiew (Ha Tyrshang, Jaintia Hills)



Dang pynkhreh ahna khiew ha Tyrshang. (Jaintia Hills)



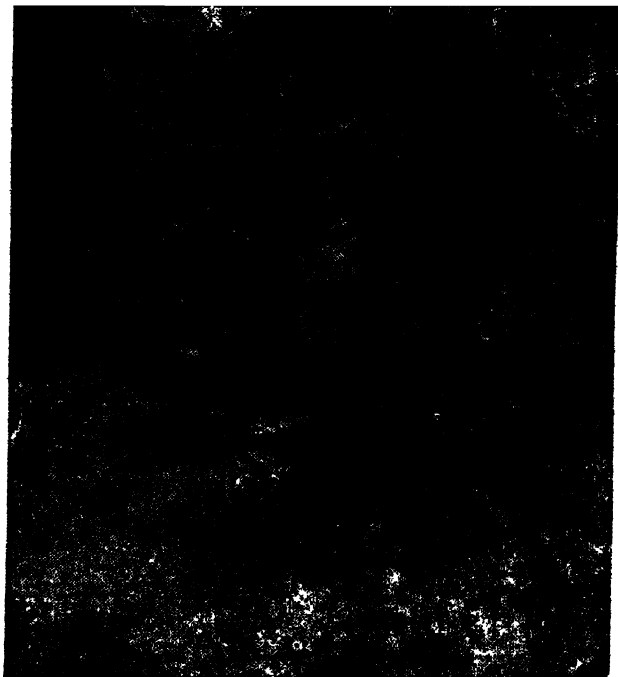
Ki khun ki dang ia patthuh ia ka rukom thaw khiew
Ha Tysrang (Jaintia Hills)



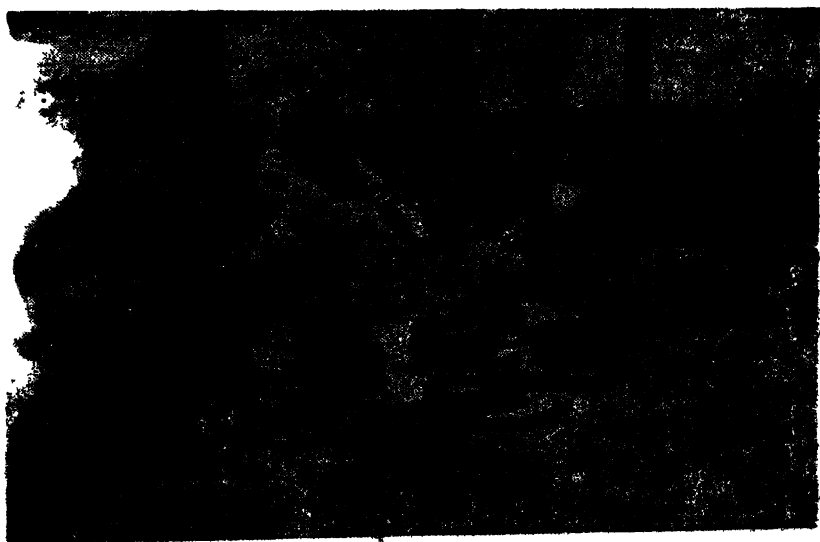
Dang pynwandur ia u khiew Ha Tyrshang (Jaintia Hills)



Ki kti ba tbit : Ban pynneh pynsah ia ki jingtrei barim lumne
ngi shna ia u *wiang* Ha Tyrshang. (Jaintia Hills)



Dang phrang kbiew ha Tyrshang



Mano bym sngew sarong is la ka kam. Kine ki khiew na
Tyrshang, yn leit die noh sha lewdu, ha Shillong.

Nangta ki kli pyllun hynrei ka don thliw baroh a'liang ha ka dur jong ka ruh siang ne shylliah. Dei ha kane ka por ba ki pynwandur ia ka dyngkhong khiew bad haba u la don dyngkhong ki khot u wiang

Ia une u wiang ki pynwandur bha da kaba ki pynshad sted sawdong ha ka kl Hangne ki pyndonkam da ka siang shna khiew bad u maw uba pyllun bad jlii bha. U maw kyrshah na shapoh bad na shapoh bad ka siang pat na sha'ar.

Nangta haba la dep shna khiew, ki thad sngi haduh ban da rkhiang bha. Haba shi bha ka sngi, ki thad ar ne lai sngi

Haba u la rkhiang, ki phrang ha ding. Haba phrang ki buh katto katne ty'li ki khiew, ki buh sa ka dieg iap da kaba shu pyn'eng ha ka dur jong ka khoh. Ki sa a ding ia ka dieng iap. Ia ki khiew ba mut ban phrang, la buh hapoh ki diengiap. Ki ieh haduh ban da ing lut ki dieng.

Kaba khadduh, hynrei ka long lehse kaba donkam eh ha kaba pynkut pynwai. Ki shim ia u khiew na ding, ki ai rong artad da ka um sohliia. Dei ka um sohliia kaba pynkylla reng ia u khiew saw la un long byriong. Ka um Sohliia ym dei tang ba ka pynitynnad, hynrei ka kham pynjwat ruh ia u khiew. Ia ka um sohliia ki synreit, da u Symphiah ba la shna khnang.

Jingpyndonkam : Ia u khiew khyndew ki pyndonkam ha ki bun rukom khamtam ha ki por ba kham myushwa. Ki pyndonkam ha kaba shet ja, shet jhur. Dang kham mynshwa na ka bynta ban tiw um sum ia ki khyilung ba dang la, ki ja tiw um sum tang ha u khiew khyndew. Kim ju tiw ha u khiew phiang, khiew sla ne dabor, hynrei tang ha u khiew khyndew.

Ki bym ju don khiew khyndew ha ing ruh, haba don ban sa kha khyllung, ki hap thied lpa shitaiew ne artaiew shwa ban kha. Wat na ka bynta ban buh *umshar* ruh, don kiba khreh kyrpang da u khiew khyndew. Hynrei kiba bun, ki buh ha ka ktang.

Nangta shuh shuh na ka bynta ban buh shynnai ruh, ki ju khreh lpa da u khiew ranei. Ki bym don khiew ranei, ki buh ha ka kriah.

Na ka bynta ban shet ia ki jingwieh rong jain, ba ki thain ha ri Bhoi, haduh mynta mynre ruh ki shet ha u khiew khyndew. Ki khein ba ka bha eh tang ha u khiew khyndew hi.

Ki doktor Kabiraj, ki ju shet ia ki dawai ha u khiew khyndew. Imat ka don ei ei, ba u khiew khyndew u long uba bha tam na ka bynta ban shet dawai ruh.

Na ka bynta ban shet ia ki j;ngbam khasi kum u putharo pumaloi, etc., ki pyndonkam da u khiew khyndew. Ha ki ri shit, wat ia ka um dih ki ju buh ha u khiew khyndew namar ka bang bha.

KA KAM THAW SNAD HA KHRANG

Ka Snad ka dei ka tiar trai - ri ka'ba la ju don la slem bab. Ym lah ban lap dien shuh naduh mynno la sdang thaw snad. Kaba ngi lah bin ong ka long ba ka dei kaba ki briew ki la ju shna naduh hyndai hynthai.

Naduh ki por mynshwa haduh mynta ruh, ka jingpyn-mih snad ka jur eh na Khrang. Ha ka jingshisha, lah bnn ong ba ka snad kaba ia pyndonkam paidbah dei ka snad Khrang.

Ka khrang ka dei kawer na ki nongrit hapoh Khadar shnong. Ka don shaphang mihngi na Sohra. Ka shim por ba iaid kumba hynriew kynta na Sohra bad kumba saw kynta na Lait-ryngew. Haduh mynta ym pat don surok kali.

Ka jingtrei ba kongsan jong ki briew hangto dei ka rep Krai, Shriew, Phan karo bad kiwei ki jingthung, ki jintrei bynrap jong ki la dei ka thain khoh, ri ngap, thain kriaah etc. Hynrei ka jingtrei bynrap kaba kongsan eh ka dei ka lam thaw snad.

Ki nong Khrang ki nang ban thaw snad baroh shi shnong. Kane ka dei ka jingtrei kaba naduh hyndai hynthai. Ka dei ka jingtrei kti kaba rit. hynrei kaba sngew phylla ka long ba ki trei pynban ki rin lah ia kane ka kam.

Ka kam shna snad ka dei ka ba ki nong Khrang ki loh ban pyndonkam ia ka por khlem pynlehnohei shuh. Haba ia shong-kai, haba ia kren kai, haba iathuh khana kyrhai, ka kti pat kim ju pynshong thait - ki shna snad artad.

Ka jingpynmih : Ka Khrang ka don kumba 30 ing bad ka pynmih snad ha ka shitaiew hapteng 450 bad 600 tylli. Uwei u bried lada trei baroh shisngi, lah ban thaw 15 tylli ki snad.

Ban die : Ki nongshna snad na Khrang, ki leit die sha iew Sohra bad Laitryngew. Mynta la mih ki mahajon kiba thied lut na shnong katba ki pyimih. Ka dor kawei ka snad ka long Rs. 1. 50 bad haba ka lah eh Rs. 2/- kawei. Kumta na ka bynta ban die ki nongshna snad kim don jingeh ei ei.

KI TIAR BA DONKAM HA KABA SHNA SNAD

Ka Dieng : Ia ka dieng thaw snad, ki pyndonkam da ka dieng *Sangniah*, sha Sohkynduh ia kane ka dieng ki khot ka *Palam thaw siang*. Kae ka dieng ka don tang sha ri war, ka ka iadei h ban pyndonkam namar kam ju pdang.

U Shken : U Shken ki pyndonkam da uba iaw bha bad u dei ban long da uba stem. Ki khud rit bha bad ot jrong kumba shi inshi shiteng. Na ka bynta kawei ka snad donkam 40 tylli haduh 44 tylli kum kine. Na rud baroh arliang ki thung u dieng uba ki khot u *dieng kmie*. Ha ki por mynshuwa ia u dieng kmie ki pyndonkam da ka shyieng.

U diengkhap : Donkam artylli u dieng khap.

U Ksai : U ksai ki pyndonkam da u saikor uba saw. Na uwei u saikor kan biang na ka bynta 160 tylli ki snad

Ka thit ; Ki pyndonkam da ka thit sohphan ba la khleh bad ka thit *bsiang*.

U Narsam : U narsam ki pyndonkam ban hlhlong thliew ia ka dieng.

Ka wait khmut : Ka wait ka dei ban long kaba nep bha.

Sa khyndiat ka jingtip kaba sngewtynnad ka long ba na ka bynta ban thaw snad, u shken ju pyndonkam tang da uba stem, ym dei tang ka snep, hynrei uba stem haduh shapoh. Ia u shken uba stem bha kumne lah ban ioh tang na ki jaka lum ba shah ryngngi bad ki jaka mawsiang.



KA KAM RI NGAP (Apiculture)

Ka ngap ka long kaba thiag eh Lehse ym don kiwei pat ki jait jingtam ba ioh beit na ka mariang ki ban kham thiag ban ia ka ngap.

Ka ngap ka dei rub kaba la ju niewkor eh naduh ki hajar snem mynshwa. La iathuh ba u Jakob u la bthah ia ki khun sbynrang jong u, ba kin rah ka ngap kum ka jingai sngewbha ia uta u nongsynshar ka Igypt (um tip ba dei u Joseph). Gen. 43:11. Nangta u Jonathan u khun jong u Syiem Saul, ha ka por ba u leit ialeh thma bad ki Philistia, u la leit lap ia ka ngap ha khlaw bad u la bam ia ka (1 Sam 14 : 27) Ngi lap ruh ba la kren shaphang ka ngap ha ki bun jaka ha ki jingthoh barim hynrei lehse ym da donkam ban kdew hangne.

Ka kam ri ngap ha ki lum Khasi ka long kaba naduh hyndai eh. Ym lah ban ong thikna naduh mynno la sdang ri ngap. Hynrei ngi lah ban ong ba ka long kaba la rim kat ki nongshong shnong hi.

Ka ngap nalar ba ka long kaba thiang bad bang eh ka long ruh ka dawai jyrhoh kaba bha eh. Kito kiba shong ha ri khriat, ki shem ba ka ngap ka pynsyaid lada dih man ka miet shi shamoit shwa ban thiah. Ia ki khyllung ka pynbeit bad pynkhuid ia ka kpoh tang da kaba shu pynjliah khyndiat ka ngap. Ka long ka dawai ban pynkhuid ia u niang shaba. Don kiba pyndonkam ia ka ngap na bynta ka khluit ding. Ka long ka dawai kaba phylla ban pynkoit ia ka lait doh, jingjngem - jingat na kaba ur bahap da kaba shu kyllan beet tang ka shun bad ka ngap.

Ki riewstad kiba wad bniah, ki la shem mynta ba ka ngap ka long ka jingbam kaba kordor eh. U Dr, Dubanath Dube u thoh kumne shaphang ka ngap. (Home Science issue, Shpt-Oct - 1981) + "Take the ease of honey which is the best source of heat and energy giving over 3,500 calories per Kg. Its chief merit however lies not so much in the calories of heat, but in wholesome nourishment it provides. Energy value of one Kg. honey is estimated to be equal to that of eggs, 13 litres of milk, 8 Kg. of plums, 10 Kg. of green peas, 12 Kg. of apples or 20 Kg. of carrots," - Ha ka ktien khasi lah ban buh kumne :

To ngin ia peit shaphang ka ngap kaba long kaba bha eh ha kaba ai jingsyaid-jingshit bad ka lah ban ai palat 3,500 calories na ka shi kilo ka ngap. Hynrei ka jingkordor jong ka kam shong eh ha kaba ai jingshit hynrei ba ka long kaba aibor ban pynkhlain. Kum ka jingbam ba aibor, Na ka shi kilo ka ngap la khein ba ka ia ryngkat bad bun tylli ki pylleng syiar, 13 liter ka dud, 8 kilo u soh plom, 10 kilo ki shyieng motor ba dang khet, 12 kilo ki soh apple lane 20 kilo u kajor.



Dang pynkhuid ia ka *niap* ngap.

KA KAM RI NGAP KABA MYNTOI

Ka kam ri ngap ka long ka jingtrei bynrap kaba myntoi eh. Ki nong ri ngap ha ri khasi lada ki ri 20 ksing u ngap, ka jingmih kaba khyndiat eh ka long kumba Rs.1500 shisnem shisnem.

Don bun ki nongri ngap ha ri Khasi, kiba la trei minot eh ha ka kam ri ngap. Ka kamai pynmih pisa jong ki ka dei na ka kam ri ngap. Uwei u nonghikai skul ha Khadar Shaong, I Babu Slinfullwell Sohkhlet. I la hikai skul la 36 snem mynta. I la sdang ri ngap ha ka snem 1975 tang lai ksing. Mynta i la don 42 ksing. Na kitei ki 42 ksing, ka jingmih ka long hapdeng 8 haduh 10 tin sharak shi aiom. Ka. jingmih paisa ka long hapdeng Rs.5,000 haduh Rs.7,000 shisnem shisnem.

KA NGAP RI KHASI

Ka jingri ngap ha ri India ka long kaba jur eh. Khamtam ha ki jylla ba shaphang shatheh ka ri India, ki briew ki la trei radbah ha ka kam ri ngap. Mynta lei-lei, bun ki kynthei ruh ki la sdang ri ngap. Baroh shi katta ia ka kam ri ngap ha Meghalaya, ki briew na shabar kim pat da ia tip paidbah hynrei mynta ki la nang ia bna. Kane ka long namar ba ka ngap ba pynmih na ri Khasi, leh ban ong ba ka long kaba bha tam. Ngin ia pynshongnia ia kane, na ka jingkynthoh ki briew kiba na shabar.

U Mr A. Shankar, u proprietor jong kuwei na ki Firm die kot kiba heh tam ha Bombay haba u la ioh mad ia ha ngap na Ri Khasi ha ka snem 1961; u ong kumne:—"Ngam pat ju ioh mynno mynno ruh kum kato ka ngap". Utei u rangbah, u long uba bam tista ia ka ngap kaba u ioh na ki jylla kum na. Maharashtra, Kerala, Tamil Nadu, etc. Hynrei u la sngew lyngngoh ba don kum kato ka ngap ha ri Khasi.

Nangta shuh shuh, u Photographic Officer jong ha Mass Communication, Government of India, New Delhi, u la leit ban jngoh ia ka rukom rep Thang Shyrtie ha Kshaid, Khadar Shnong, ha ka 12.1. 1978. Ha kaba leit phai sha Delhi, u la rah ar bitor ka ngap. U Director jong katei ka Institution, uba la ioh mad ia katei ka ngap, u la thoh iaroh ia ka jingbha ka ngap bad kyntu ia ki nongri ngap ha kshaid ban nang pynroi ia kane ka kam.

KA JAKA RI NGAP

Ha ka jingiadei bad ka kam ri ngap, to ngin pynbynta ia ki jaka ri ngap ha lai bynta kat kum ka jinglong ka mariang ha ka jingshit jingkhriat.

1. Ka ri khriat
2. Ka pynnoh ri war
3. Ka ri war.

2. Kane ka kynthup ia ka ri jrong, ri khriat kaba jur thah ha ka por tlang. Ha kane ka jaka ruh ka don ka jing-ri-ngap. Hynrei na ka daw ka jingkhriat, u ngap um da bha. Lada ym lah ban pynsyaid, bun ba u iap noh.

1. Ka pynnoh riwar : (temperate regions) Ka pynnoh ri war ka dei kaba iadei eh ia ka bynta ban ri ngap. Ka dei kaba don pahuh ki jait syntiew ba pher. Na ka liang ka jingshit jingkhriat ruh ka biang bha na ka bynta u ngap. Nalorkata, kane ka ranab pynnoh ri war ka long kaba jur umjer eh ha ki bnai synrai. Ka umjer hangne ka jur haduh katta, ba ki syntiew ki skud ki khia da ki symboh umjer. Kumta ha ka step ba phyrnai jong ka Synrai, ha shwa ba ki kjat sogi kin kjit noh ia ka umjer na ki syntiew; u ngap ha ka jingtrei ba jar jar, u la rong ia ki sha ka ksing ne sympa. Nangta kein ngi sa ioh ia ka ngap kaba bhatam ba la ju kaot "Ka ngap Synrai". Ka jingri ngap ruh ka jur eh ha kane ka jaka pynnoh ri war.

3. **Ka Riwar :** Ka jingri ngap sha ri, ri war ruh ka long kaba jur bad ka jingpynmih ngap ruh ka jur. Hynrei ki nongri ngap ruh ki kubur ba ka ngap ri war ka kham duna rong bad wat ka jingmad ruh haba ia nujor bad ka ngap pynnoh ri war. Ha ki ri war ba la jur eh ka jingshit lei lei, ki nong ri ngap ki ong ba u ngap um treh ban is shongbun lymbung. Kane ka dei lehse ba shit than ban ialum bun shi jaka.

Ki syntiew ki skud : Ka jingbam ba kongsan jong u ngap ka dei kaba u lum na ki syntiew ki skud, Ladi ngin pyrshang ban pyniabynta ia ki syntiew kiba phuh man ka aiom, ngin lap khlem artatien ia ka jingdon pyahuh jong ngi ia ki syntiew ki skud, ki dieng bad ki kynbat kiba phuh baroh ki saw samoi jong ka snem Dang shen ka Central Bee Research Institute Pune, ka la lum ia ki jait syntiew kiba long jingbam ia u ngap. Ia kine ki syntiew la lum na ki 6 tylli ki jylla kam ka Maharashtra, na ki lum Western Ghats, Kerala, Madhya Pradesh, Tamil Nadu, Bihar ba l Punjab. Ki la ioh ban lum haduh kumba 3000 jait ki syntew kiba long jingbam ia u ngap.

Ma ngi hangn : la Meghalya, ngi donbok eh namar ba ngi don pahuh ia ki jait syntiew har rukom. Ngi don ki dieng bah bad dieng rit kiba phuh syntiew, ngi don ki niut ki nier, ki jyrmi - ki - jyrteh, ki phiang ki kynbat kiba sei la ki phuh ha la ki jong ki aiom ba pher.

Hynrei ka long ka jingpynbeit ryntih ba phylla jong ka Mariang. ba ki shu ia bteng ter-ter baroh shisnem lynter. Haba shu peit khai, ia kine ki jait syntiew bapher, tang ha ka jaka ri ngap Pynnoh Ri War lehse kim duna ia ka 1000 jait.

NANGNO IOH NGAP

U ngap u dei uwei na kita ki kynhun jait khniang kiba kynriah jaka naw: i shawei kat kum ka jingkylla ki aiom, ka jingkylla ka lyer, ka jingkiew jinghiar jong ka sngi, ka ka jingduna bam etc. (Hynrei kane ka dei kawei pat ka sub-jek kaba iar, kumta ngin ym ia pynlut por ban ia k en hangne). Ka j ngioh kem ngap kaba jur eh, ka dei ha ki bnai synrai Ki nong ri ngap ki la pynap lypa ia ki *sympa dieng* bad *sympa maw*. Haba sam *sympa ruh*, kim ju sam pathar tang namar ba don ka diengbah, hynrei ki da peit ia ka ktem jong u ngap, bad *ka ktem jong ka lyer*. Haba u ngap u la wa'n rung ha kine ki *sympa*, ki leit kem bad rah ha ki ruh ngap, bad buh ha ksing. Ha ki bnai synrai, ki nongri ngap ki ju leit *moi* (jngoh) man ka teng ia la ki *sympa*.

Nalor kane, don ki shnong kiba ioh ngap kmie bun. Kine kim ju ri hynrei ki shu die ia ki kmie ngap Ha ka thain Sohra kiba ioh ngap eh ban die ngap kmie dei ka shnong Ryngngi Mawsaw, Lantlyndop, etc.

Ka Ksing : Naduh hyndai hynthai, ki nongri-ngap ki buh ha ka *ksing pyllun*, kane ka ksing ka dei kaba ki shu sam pynpei baroh arliang ia ka dieng tylli bad sa shna jingset. Ia ki jait dieng pat ki da jied namar don ki jait dieng kiba juh ngap, kiba um bha u ngap, etc Ha kine ki khyngiat sr-snem ba la lah ki la nang pynbun da ka ksing Sorkar. Ki nengri ngap ki la shem ba ka kham lah ka ksing thymmai. Ka don ki jingmyntoi ha kiba bun ki liang.

Ki jait ngap : Ha ri Khasi don katto katne ki jait ngap na kiba lah ban ioh ngap. Hynrei u ngap uba ngi ri paid-bah ha ri lum jong ngi u dei uba ki jer ha ka kyrteng Science - *U Aps Miltifora* bad *U Aps Indica*.

Ka Por khlong ngap : Hangne ha ri lum jong ngi. ka jing-pymih ngap kaba jur eh, bad ka ngap kaba bha tam ka ka dei ha bnai November haduh January Ka ngap pyrem kaba ki khlong ha u April - May, kam da bun nator kata, kam da bha kum ka ngap synrai. Ha ki bynta ba shathie jong ka ri India pat ka jingpymih ngap ka jur ha ka por pyrem. Ha kawei ka journal kaba pymih na Bombay ka "Jagriti" la thoh kumne "Normally, there is a minor honey flow in January and major flow from March to April", lah ban buh ha ka Khasi kumne "Kumba ka lo g. ka jingpymih ngap ha u January ka long kaba khyndiat, bad kaba jur eh ka dei ha ki bnai March — April."

Ka jingma ia u ngap : Nandeng ki para khniang baroh ki-ba pyniap eh ia u ngap dei u kyiehg, u dkhiew bad u dkhew. Na pdeng ki kynja mrad pat, ki dei u phyllad; ka dngiem bad u shyrwat. Hynrei ka jingma kaba khraw eh ia ka ri ngap ka dei ka pang kh'am. Kum kane ka jingpang ka la jia ha ka snem 1979. Ha kato ka snem ka jingiap u ngap ka poi haduh ba la jan duh syndon u ngap. Don ki nong ri ngap ha Khadar Shnong kiba don 20 ne 30 ksing u lait im sa tang 2 ne 3 ksing Hynrei kum kane kam ju kham jia koit.

KA KAM THAIN SHYLLIAH

U Shylliah u dei u wei na ki jingtrei kti kiba la rim hang-ne ha ri lum jong ngi. U long ruh uba ngi pyndonkam man ka ing. Na ki shylliah kiba kham ia pyndonkam paidbah ki dei u dam shken, dam lynnai bad u dam shlan. Na kine baroh uba ju pyndonkam paidbah eh dei u dam shken. U shylliah u ioh ka jaka ha baroh ki ing ki sem la ka long ka ing baduk ne ing riewspah, ki ingtrep bad ing bangla.

Ki jait shyllia : La ong haneng shaphang ki lai jait ki Shylliah. Nalor kine lah ban pynbynta shuh shuh ha ki katto kattne ki jait shylliah kum, u shyllia ban shna sad, u tlieng bad u Shylliah siangthiah. Ka jingshna ia une u jait shylliah ka jur eh mynta ha ki thain Nongshken. Ngin ia peit ruh katto katne ki mat ba kon san ha ka jingia dei bad ka jing thain shylliah.

1. Ka jil.gpynkhreh : Na ka bynta ban thain shylliah, ki pyndonkam da u shken. Ia u shken ki pom ha ki bnai tlang (Nohprah bad Rymphaing). Haba la pom kumne ki dain lypa kat ban biang ka jingdonkam, Nangta ki thlieh bad law jem shwa. Nangta ki thad ngi, haba u la byrlich, ki thad ha rympan. La leh kumne khnang ba un rkhiang bad ba un bha. Nalor kata, ki lum lypa kumne, namar ka rta jong u shken uba bha tam ban thain shylliah dei uto uba dang san ne hynriew bnai u bym pat don sla ne pait tnad. Da kaba leh kumne la ioh buh lypa lan ioh pyndonkam baroh shisnem, da uba dang biang rta. Kawei shuh shuh kaba donkam ban kynmaw leh : la long, ba la kaba thain shylliah, ki pyndonkam tang da u shken, bad tang da u khyrmet kim ju pynsap kny.lieng.



Dang thain Shylliah ha Korhadem (Ri Bhoi)

2. **Ka jingheh jingrit :** U shylliah uba iaid iew eh u dei uba 3 ne 4 pruh nangta bud sa uba 4 ne 5 pruh. Uba 6 la 6 pruh ju klam thain tang haba don ba phah thain khnang.

Kaino donkam shken Na ka lynta u shylliah uba 3 ne 4 pruh ka jingheh donkam 3 pen tir uba ki khot u *siang lane sboh* u pynkiang bad 2 pen tir u pynieng Na ka shidkhot u shken, haba la thlieh u mih 8 ne 10 tir. Na ka bynta ban thain shylliah, kito kiba shu pdeng ka jingsted, ki lah ban thain ar tylli uba 3 la 4 pruh ka jingheh.

Haba la dep thain, donkam ban *wai* bad ban *sut*. Kane ka bynta jong ka jingtrei ruh ka long kaba bam por. Ha ka *jingwai* ki pynpur da u lwar shken ba la law jem bha bad u *jingsut* pat u dei da u thri. Ban *wai* bad ban *sut* ha ka shi sngi lah ban pyndep saw tylli u shylliah.

4. **Ka por thain shylliah :** Lah ban ong ba ka jingthain shylliah ka long baroh shisnem lynter. Hynrei ka por kaba ki ju thain *rheh* (peak season) ka dei ha ka por lyiur. Ha ka por tlang ki shu pynbiang lypa u shken. Kumba la ong sha khmat. Ia u shken ha ka por ba lum thup, ki shu law jem bad haba la thad pynrkhiang ki thep ha rympan. Ha shwa ban thain shylliah, ia u e uba la law jem ki thlieh biang.

5. **Nangno pynmih shylliah :** Ha shwa ban pynkut ia ka ne ka lynnong, lehse ngim cei ban iaid lait khlem da buh kane ka jingkylli. Haba ka jingmih shylliah ka jur katne katne, nangno ki ioh shken, Ka jubab ka long, ki don la u jong u shken uba ki da thung hi. Don ruh katto katne kiba ioh na u shken khlaw. Hynrei ka long tang khyndiat khyndit Kumta lah ban ong ba ka jingthain shylliah ka iaid ryngkat ryngkat bad ka jingrep shken.

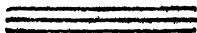
6. **Ka Iew ka Hat :** Ki nongthain shylliah kim don jing-eh ei-ei ha kaha pyniaid iew. Kumba ka long mynta, ki mahajon, ki wan thied hi na ing bad ka dor ka long kumba Rs.30 (laiphew tyngka) uwei u shylliah uba 4 la 5 pruh.

Ha ki thain ri Bhoi, u jait siej uba ki pyndonkam bha ban thain shylliah dei da u shlu. Une u siej u long uba jlan pung. Na ki jait siej baroh lehse u jlan pung eh u shlu. Ka jingjlan shipung ka long haduh lai phut shiteng haduh saw phut.

Ha ki shnong sha ri Bhoi la jan baroh ka ia thain shylliah na ka bynta ban ioh pyndonkam hi. Hynrei ki don ki shnong ki ba thain ban ioh die ha ki iew ki hat. Ban shu jor tang katto katne, kine harum ki long kiba kham ia thain paidbah —Ka Umjari, ka Mathan, Umshken. Mawphru, Pamkhroh, Nongpathaw, Umdohkha, etc.

Ia u tlieng ka j'ngpynmih ka jur eh na ki shnong ka thain Nongstoin (West Khasi Hills). Ia u tlieng kim ju thain da u shken lane da u shlu lane da kino kino kiwei pat ki jait siej, hynrei ki thain tang da u thri bad pyndonkam ruh tang da u khyrmet.

Ka kam thain shylliah ka long kawei na ki j'ngtrei kti kiba kordor eh. Kum ka Ri bad ka jaithynriew ngi sngew sarong ba ki briew jong ngi ki ioh ia kane ka jingtbid bad ki im sngi ruh ia kane ka jingtrei.



KA JINGTHAIN KNUP IHA UMWAI

Ka knup kaba la ju tip ha Shillong bad shawei kum ka "Knup Sohra" ka dei kaba ki shna ha Umwai. La ju khot ruh ka "Nupbah". Ka shnong Umwai ka jngai kumba 70 Km. shathie na Shillong ha ka lynti ban leit sha Shala.

Na ki shnong ri war jong ka thain Sohra, ka Umwai ka pawnam eh na ka bynta ka jingpynmih knup. Ka knup Umwai ka long kaba wandur bla, ka long kaba kdup bad skhem bha haba kup. Ka iaiei bha ban kup haba trei lyngkha, khamtam ha ki jaka ba jur slap kum ha thain Sohra bad shawei. Ki nongrep ha kylleng jong ki ri lum ki ia *Imun* bha ia ka knup Umwai namar ka kdup bha, ka dem bha ha met haba trei ba ktah. Nalor kata ka kham shah shibun ban ia kiwei li knup.

Ka jingthaw knup ha Umwai ka long kaba naduh hyndai hynthai. Ym lah ban lapdien naduh mynno ka la sdang. Hynrei kawei kaba ngi lah ban ong ka long ba kaba la rim kat ki nongshong shnong hi. Kumba ka long mynta, ka shnong Umwai ka don kumba 100 ing. Lait noh tang kumba ar ne lai ing hynrei baroh shi shnong ki Umwai ki ia thain knup. Ka jingthain knup ka long la jan baroh shisnem lynter lait noh tang ha ki bnai tlang bad ka jingpynmih ha ka shitaiew ka long kumba san ne hynriew hali kawei kawei ka ing.

Ka kam thain knup ka long kaba ai jingmyntoi shibun eh. Ka jingtrei ba lonsan jong ki briew ka dei ka rep ri-war kaba kynthup ia ka rep soh, rep kwai rep sohmrit, tympew.

rep kba bad bun kiwei kiwei. Ka kam trei bri kam neh baroh shisnem lynter. Hynrei ka jur eh ha ki bnai Synrai bad Tlang. Kumta ka kam thaw knup ka long kaba da iadei bha kum ka jingtrei bynrap na ka bynta ki briew jong kito ki thain.

Ka kam thain knup ka dei ka jingtrei kaba ai jingtrei ia ki kynthei, ki khynnah ruh kiba la dap 10 ne 12 snem ki la nang ban thain knup. Ka kam thain knup ka long ruh ka jingtrei kaba iadei eh ia kito liba ym lah ban trei ia ki kam kiba eh, ki tymmen ki kro bad ki kynthei kiba sumar ing.

Ka Jingpyinkhreh : Na ka bynta ban thain knup. ki pyndonkam tang da u shken. U shken uba bha tam ban thain knup dei uto uba ka rta ka long 5 ne 6 bnai. Ka por pom siej ban shna knup ka dei ha ki bnai Nohprah, Kyllalyngkot bad Rymphang. Kata ka mut, ki pom da uto nba dang shu kha ha ki bnai Nailar-Nailur. Kumba la ong haneng, ia u shken ki pom bad lum lypa ha ki bnai tlang. Ki dam lypa ruh kat ban biang ban pyndonkam nangta ki thlich bad law khyllieng, hadien ba la law khyllieng, ki thad ha rympan. Kito kiba don ka seng ka dang ki lum shken lypa kat ban biang ban thaw knup baroh shi lyiur, hynrei kiba duk kim kot bor ban leh kumta, hynrei nator uba la lum lypa ki thoh rwing artad. Hynrei haba thoh rwing ruh ki pom da uto uba ka rta ka dang long hapoh shi snem.

U Slew : Ia ka knup Umwai ki sop tang da u Slew. Ha ki jaka bapher bapher, ia ka knup ki ju sop da ka lamet. Hynrei ha Umwai, kim ju pyndonkam da kiwei pat lait na u Slew. Ia ka slew ki ju thied lypa na ka hima Shala ha ka dor 40 ne 50 tyngka na ka bynta arphew saw kil (240 tylli). Na ka arphew saw kti ka slew, ka mih kumba 12 hali ki knup.

U Iwar : Kumba la ong sha khmat, ia u Iwar na ka bynta ban thain knup, ki la lum lpya ha ka por tlang. Ha kato ka por, ki law khyllieng bad haba la law khyllieng, ki thad ha rympan. Ynda ha ka por trei ki law stang biang.

Ban thaw Shynrong : Ka shynrong ka don ar syrtap kawei ka shynrong kaba na jrong bad kawei pat kaba na shapoh. Ia ka syrtap kaba na jrong ki khot ka *Shynrong lor* ki thain tang da u *khyrmet*. Ki Iwar ba dei ia ka Shynrong lor ki da thlieh rit bha. Ka shim por shibun ban thain ia ka Shynrong lor. Kito kiba minot thop ban thain baroh shisngi, ki lah ban shna tang kumba 3 ne 4 tylli. Kawei pat ka dei ka *Shynrong poh* ia ka shynrong kaba shapoh lah ban thaw haduh kumba lai hali. Kane ka long namar ia ka shynrong kaba shapoh ki thain niar bad u Iwar ruh uba kham heh. Ia ka Shynrong poh ki ju thain tang da u *Khyllieng*.

Ka Pankhyllong : Ka *pankhyllong* ka dei kaba ki sur pynskhem na khlieh. Ha ki por ba kham mynshuwa, ki ju pyn-donkam ban *sur* pankhyllong tang da u *khyrmet*. Mynta ki ju pyndonkam da u khyllieng ruh.

U Diengkyrwiang : Ia u *Diengkyrwiang* ki pyndonkam da U shken uba rben uba la khud tylli bha mlon. Une u dei uba pynskhem triang ia ka knup

U Budlum : Une u dei u siej uba la khud bha uba ki pynbat namar pdeng ka knup naduh trai haduh khlieh. Ia une ki da pynpur Iwar baroh shilynter. Une u dei uba beit sak, u khun tang shi jaka hamar ka pankhyllong.

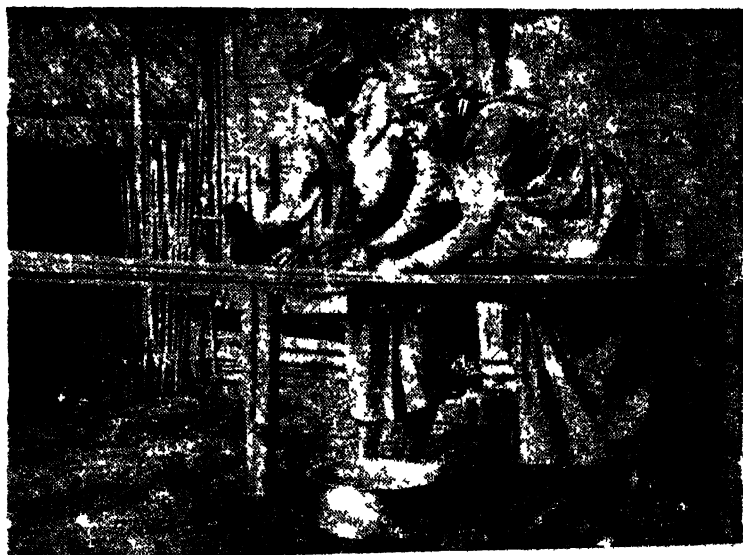
U Jingsut : Une u dei u lwar ban *sut* ia ka knup baroh sawdong. U pynbat skhem lang ia baroh ar ki shynrong. Ia u jingsut don kiba *sut* da u thri. Hynrei kiba bun ki *sut* da u lwar shken uba ia *thad pring* bha. U dei ruh ban long uba da khud bha.

Ban Die : Na ka bynta ban die ia ka knup, ym don jingeh ei-ei. Bun na ki nongshna knup ki ju leit die sha iew Sohra man ka taiew. Ha Sohra, ki wan thied ki Mahajon kiba wan khnang na kylleng. Kumba ka long mynta, ka dor kawei ka knup ka long kumba 8 ne 10 tyngka.

Ka Kam Thain knup bad Ka Lawei : Ia ka knup la jan baroh ka ri lum jong ngi ki donkam ia ka. Uwei pa uwei u nongrep u donkam ia ka. Lehse ngilah ban pyrkhat ba ki briew ha sor kim donkam knup, hynrei kam long kumta. La ka dei ha ing Paki dulen, ne ha ing u duk u suk, baroh ngi donkam knup. Kumta ka kam thain knup ka dei ka jingtrei ka ban iai neh hangne ha ri lum jong ngi.



Dang thir ksai ha lamkhon (Ri Bhoi)



**Ki nongthain jain ba la tymmen tam ha Sohmidan ki dang
kylan umshit ja ia u ksai.**

Ka Kam Thain Jain Ha Ri Bhoi

Ka kam thain jain ka long kaba naduh hyndai hynthai. Ka long kaba eh ban tip naduh mynno ki longshwa jong ngi ki la sdang thun jain. hynrei lehse kam long kaba bakla ban ong, bakane ka jingtrei kti, ka long kaba la rim kat ki nongshong shnong hi.

Ha shwa ban ia kren shuh shuh shaphang ka kam thain jain, lehse kan bha ban kynthoh hynliat shaphang ka rukom riam ba mynshwa ia kaba dang leh ban tip na ki riwtyamen.

Ka jingriam ki shynrang kam da bun rukom. ki jain ba kongsan ki long (1) ka jain stieng (2) ka jingki lane ka jynphong, (3) ka jain pakhar tyrypha.

Ka riam ki kynthai kaba la dang ia tip bad kynmaw ka don saw jait. Ia kine ki rukom riam ruh, ki pyndonkam ha ki kien (occasion) ba pher ba pher, kita ki rong :

(1) Ka Sem Jaju : Ha ka sem jaju ka jain ka dei da kaba rong bad kaba saw

(2) Ka Shilung : Ha kine ka rukom rian ka rong ka dei ban long da kaba saw bad kaba lieh, bad ia ka jain ki tawah na tyrypeng bad kot ha khohstew.

(3) Ka Sem Shadap : Ha kane ka rukom riam, ki kyrshah arliang tangba ki sdien na tyrypeng da u ksai.

(4) Ka Sem Kanjeri : Ha kane ka jinriam ka jain ka dei ban long kaba thoh sawdong da kaba saw bad kaba lieh.

Ia ki rongkiba ki pyndonkam ban wieh ia kitei ki jain. naduh ki rong saw, rong stem lad rong rong. ki wieh hi da ki rong kiba ki shna hi bad ki dang pyndonkam haduh myn-
ta mynne.

Ha kane ka bynta, lehse ka biang ruh ban kynthoh shaphang ka rukom riam ki Shala, namar ia ki jain Shala ruh, la thain ha ri Bhoi.

Ka riam Shala ka pher bak lybak na ka rukom riam jong ki riewlum bad riewthor ruh. Kam iadei bad ka riam ki Bhoi ka riam Khasi, lane ka riam ki Pnar, hynrei kam ia dei ruh bad ka riam ki dkhar.

Nalor ka sopti bad sopti kti, ki don sa ka jainpien, ka jain it bad ka jainkup kaba ju khot ruh ka khyrwang.

Ki rong jong ki ki long kumne : —

1. Ka khyrwang ka rong saw bad ba lieh.
2. Ka jain pien ka thoh sawdong da kaba stem bad saw jngum.
3. Ka jain it — ka rusom.

Ki shnong thain jain :— Ha li thain ri Ehoi, wat la ka kam ri khniang ka don la ja laroh shi lynter markhap ka Assam. Hynrei ym baroh kiba thain jain; kaba dang jur haduh mynta ka kam thain jain ka dei ha kine ki shnong: Sohnidan Lamalong Jair, Mawpat, Iamkhon, Mawlaho, Mawtari, Umlaper, Korhadem, Ingsaw, Umtraï, Umrasun, Mawker, Mawksiew etc.

Ki jait jain : Ki jait jain kiba dang thain bha haduh mynta dei ka jain Ryndia tlem, Ryndia stem, la thoh saru, ka ph...li, Ka Phakshaid, ka Jyrpan, jain it etc.

U Ksai : Ha ri Ehoi li thain tang da u ksai la jong. la u ksai ryndia uba ki ioh na kaba ri khniang kim ju die, hynrei ki thain jain hi; kumta ba ka kam thain jain ka don ka jingiasnoh bad ka kam ri khniang. Hynrei kito ki shnong kiba ia khap bad ka Assam, ki pyndonkam ruh bad u 'sai kynphad.



Ki nongthain jain ha Lamalong ki dang ir thir ksal
kyrhai ha phyllaw ng



Ki nongthain jain na Meghalya ha ka Indian International
Trade Fair, New Delhi 1981.

Ka jingpynkhreh : Haba la ioh ia u sop (cocoons) ki thir ksai hi. Ka kam thir ksai ka long kaba ki trei haba ia shong kai paralok, haba iaid lynti, ne haba shong kai ia kren ia khana artad ka kti pat ka nang iaid la ka thir ksai.

Katno donkam ksai : Ban thain kawei ka jain kaba hyn-riew la arpruh shiteng; u ksai u leit lumba shi kilo. bad ka shim por ban pyndep 3 haduh 5 sngi

Ki Tiar Thain Jain

- | | |
|--------------------|----------------------------------|
| 1. U dieng ksai | 15. U dieng myllon teh |
| 2. Ka takri | khlich (3 tylli) |
| 3. Ka khwah | 16. U dieng ring tyllai |
| 4. Ka kla heh | 17. U tyllai ring jain (4 tylli) |
| 5. Ka kla rit | 18. U tyllai lwi (2 tylli) |
| 9. Ka myllon | 19. Ka wait lasai |
| 7. Ka dienglong | 20. 'Ka snad |
| 8. Ka tyndong ksai | 21. U speh dyngkhied |
| 9. Ka kuli | 22. U dieng tasong |
| 10. Ka snad | 23. U natra |
| 11. Ka sdang | 24. Ka snait |
| 12. Ka dieng lwi | 25. U thlong |
| 13. Ka wait (siej) | 26. U synrei |
| 14. U syrphung | 27. Ka shar |
| | 28. U kuli. |

Katno ka slim por : Ki nongthain jain kiba shupdeng ha ka jingsted, ka shim por 5 ne 6 sngi ban thain kawei ka jain ryndia. Ki don ki nongthain jain kiba sted ki lah ban pyndep tang lai sngi kawei ka jain ryndia.

Ka kam thain jain ka dei kawei na ki jingtrei kiba la rim eh kumba la ong sha khmat. Ka long ka kamram jong ngi mynta ban pynueh pynsah ia kane ka jingtrei ba kordor eh ia kaba ki longshwa jong ngi ki la buh kum ka matti.

KA JINGREP KOPHI HA KHADAR SHNONG

U Kophi u dei u wei na ki jingrep kiba la rep la bun
bun snem hangne ha ri Khasi

Na ki jingtip kiba thikra, ka jingrep kophi ha Khadar
Shnong ka jur eh ha ki snem 1920 ter ter. Ha shwa jong kitei
ki snem ki nongrep jong ngi ki li ju don ka jingrep kophi.
Hynrei, ka khie rasong ha ktei ki snem namar ba u lah
dor eh. Ha kito ki snem la rathuh ba ka dor kophi ki long
hapdeng 18 haduh 20 tyangka shnong.

Ia u Kophi uba ki rep ha Khadar Shnong, lehse u dei
uba la wan rah symbai u Babu Jeehon Roy na Africa. Ha
ka jingialang kynmaw ia utei u Ringbah ha na 29th July 1932,
la paw ruh ka jingthoh kumne:— “Ia u coffee uba la
roi haduh katne myata la wan lara symbai nyingkong eh da
une u Babu Jeehon Roy naduh Africa da u Liberian coffee”

U Kophi u man bha la jan baroh ka thum Khadar Shnong
Hynrei ka jingrep kaba bun eh ka dei ha Lyngngar kaba ha-
jan Kutmadan. Ha ka por ba ka khie rasong ka jingrep ko-
phi ha Lyngngar, ki non bylla ki poi hangto na kylleng ki
shnong ka ri Khasi bad don bun ki dkhar ruh. Ka dor byl-
la ka long hapdeng shatyngka bad sin suka shi snzi. Ha kito
ki por, ha ka jings nsha ka dor bylla la kiwei ki jait kam ka
long shisuka bad hynri wana. Kiwei pat ki shnong kiba rep
kophi ki long ka Lohkynduh, Diengsaw, Kongthong, Maw-
shuit, Kshair, Wahsohra bad shawei Kumba la ong sha khmat
ka jingrep kophi ha Khadar shnong, ka khie rasong ha ki snem

+ U Babu Jeehon Roy (1838 - 1915) ba la lum bad buh
ryntih da u KYNIHAM SINGH.

kumba 1920, hynrei naduh kham mynshwa jong. kitei, ki anem ruh, ki la ju thung kophi ha la ki kper. Katba lah ban bud dien na ka jingiathuh ki riewtymmen, la don ka jingrep kophi ha Kshaid, Diengsaw, etc. naduh shwa ki snem 1900.

U Kophi u long u jingthung uba suk shibua bua rep. Ki nongrep ki sara hi da u shyieng Nangta ki pyngyariah jaka ha ki kper ki phrah ne sha bri. U kophi u long bha wat ha ki jaka kiba sngop ruh Kumta ki thung ha brisah, bri sohphan, ha kper sohiong, sohshang ha lyngkha kajit etc.

U Kophi u phuh syntiew ha ki bnai pyrem bad ih naduh u October - November. Haba u la ih, ki kheit ia u bad khoh ia ka snep. U kophi u don tang artylli ki shyieng. Ia u shyieng ki thad sngi ha ki kria kynruh ba la shna bha. Ki thad kumne man ka sngi haduh ba un da rkhiang bha. Haba u la rkhiang ki thep ha byrni.

Ka Iew ka Hat : Ki jaka rep kophi kum ha Lynggar ha kitei ki snem kim da donkam ban leit kit sha Iew, namar ki Mahajon (Khar kaia), ki wan thied naduh shnong. Kiwei pat ki shnong kum na Diengsaw, Sohkynduh, Kongthong etc. ki leit kit shaduh Sohra ha ka sngi Iewbah Sohra

Ka jingtroin ka rep kophi : Hamar ba ka khie rasong bha ka jingrep kophi. Ha Khadar Shnong la iathuh ba ka wan poi ka jingiap u kaphi. Kane ka jingiap kophi ka la jia ym tung ha kawei ar ki shnong, hynrei ka ktah lut ia kito ki shnong. Kumta wat kito kiba la rep radbah ruh ki ta leh noh noh.

Kane ka jingiap kophi kam da neh slem. La kumta ruh ki nongrep ki la thngad ban rep biang Ki la shu ia thung

Klyndiat Lhynsoit. Haduh maynta, ki biew ki dang ia don ki tynrai kophila jan man ki shnong jong ka shnong Khadar-Shlong.

Jingdonkam : Ia u Kophila repkhnang ban ioh ban die sha iew. Ki don buu ruh kiba thung tang kat ban pyn'donkam ia lade ha la ing. Ia u kophi u ban dihi, ki thad pynrkhiang ha ka sngi, nangta ki shu sdieh ha ka karai, haduh ba un da shroin bha Haba u la shroin, ki dung ha u thlong. Don pat kiba shu kynrut ha u *maw kmie* (maw kynrut krai). Haba u la long *skam* ki thep ha ki tyndong ba la set bha ne ha tin. Haba thep ha tyndong ka dei ban long kiba la iap bad kaba la pynrkhiang bha. Kim ju thep ha ka tyndong ka ba dang im.

Ka jingmad : U kophi uba la pynkhreh kumne, u iwbihi bad bang bha. Ha ka jingshisha, u kham sngew bang ban ia uto u kophi ba la thep tin da ki Company kiba heh na sha ri Dkhar.

Ka jingrep kopni ka long kaba dei ban ia pynneh pynsah kaba la sdang ki longshwa jongngi. Ka long kaei kaei kaba sngewtynnad shibun ba na ka liang ka Sorkar, ka la mait phang ban pynjur ka jingrep kophi hangne ha ri lum jongngi.

Lada ngi lah ban ia trei shitrhem ryngkat ryngkat bad ki bor Sorkar, ngim artatien ba kan pxi ka' por ba ia ka Meghalaya yn sa kynthup ha ka Map pynmih kophi jong ka ri India,

RI SNIANG BAN IOH SBOH

Ka kam ri sniang ka dei kaba la ju don naduh hyndai hynthai. Ka la ioh jaka ruh ha ki khenatang u Hynniewtrep. Lehse baroh ngi ia kynmaw ia ka jingiathuh khana shaphang U Snian bad u Ksew Nalor ba ka long kaba la rim, ka kam ri Snian ka long ruh kaba don man ka thliw ing ha ki nongkyndong. La kumno kumno, kawei ka ing, ka don iwei ne ar tylli ki sniang Kiba bun ki nongri sniang, ki ri khnang ban ioh ban die sha iew ynda ka la sngaid. Don pat kiba ri ban pynkha khun bad shu die niang khun lane 'niangri.

Ha ka jingiadei bad ka kam ri sniang, ki don bun ki hya-ta kiba ngi lah ban ia kren kum kaba dei ia ki jait sniang, ka jingbam, ka sem sniang, ka jingsumar, etc. Hynrei ha ka ne ka lynnong. ngin ia iehnoh shuwa ia kita bad ia kren tang shaphang ka jingmyntoi ka kam ri sniang ban ioh sbob.

Ka eit sniang ka dei kawei na ki jait sbob ba la ju pyndon-kam la slem bah, bad ka long kaba bha shibun eh. Ha kiba bun ki nongkyndong, ia ka sniang ki shu pyllait lan. Kumta. ka eit sniang ka shu lehnoh ei, nalor kata ka pynjakhlia ia ka shnong ka thaw. Ia ka sbob eit sniang ki shu lum tang ha ka por tlang. Ha ki bnai lyjur ka shu lehnoh ei baroh.

Ka rukom lum sbob : Dang ha ki por mynshwa, ia ka rukom lum sbob eit sniang lah ban pynbynta ha ki ar jait. Kawei ka long ka rukom lum sbob na ka bynta ban die bad kawei pat ban thung jingthung ia lade.

Ia ka sboh sniang kaba ki mut ban die, ki ju lum ha ki bnaï Naiwiëng kađuhi u Lber. Ha kane ka rukom lum, ki ju khap da ka nap ha ka kriañ kaba la shna khnang na ka byn-ta kane ka kam bad la ju khot ka *kriañ khap ett*. Haba la dap ka kriañ ki leit theh ha u maw *lyndiang*. Nangta ki khap biang bad kumta shi kumta. Haba ka la rkhiang, ki thep ha ka khoh *tyndaw*. Don bun ki nongkhap eit sniang kiba leit shi kiwei ki shnong ruh ban khap tang ia kaba la rkhiang lypa. Haba la lang lai saw khoh tyndaw, ki ju leit die sha ki shnong ri lum kiba thung phan. Ha kito ki por, ka dor eit sniang shi byrni ka long ar tyngka bad shi khoh tyndaw ka por 4 ne 5 tyngka.

Kawei pat ka long na ka bynta ban pyndonkam ia lade. Ia ka sboh ban thung jingthung hi, ki khur da ka *shakhop* na kito ki jaka *thlah shen* ki sniang. Kum ha kine ki jaka kham-tam ha ka por rang por rkhiang ki sniang ki ialang kynhun, ki thiah, ki dem, ki kyntur ia ka khyndew, ki kyrshut da ka met, ki eit bad pynjhieh hangta. Ha kano kano ka shnong ruh ju don kum kita ki jaka ba ki sniang ki juh ban ialang kynhun. kum na kine ki jaka ka sboh ka jur bha.

Kumta ia ka sboh sniang la ju lum nangne bad ju khot ruh ka *Sboh Shnong*. Kane ruh ka long kaba bha shibun ban thung jingthung.

Ka rukom lum eit sniang ha katèi ka rukom, kam da myn-toi namar ba ioh tang khyndiat eh. Na ka bynta ban ioh ka eit sniang dei ban shu set kut ia ki sniang. Ka kut ka dei ban long kaba *lyfluid*.

Ha kane ka rukom ri sniang ki trai ing ne nongri sniang, ki leit ot nuit man ka teng bad thep ha sem sniang. Ki ju pyllait por khnang ban leit ot nuit baroh shi sni bad kit ha



Die Rs 1500/- ia une sniang bad ioh die sbo'i shitrok
nalar kaba thung jingthung ia lade

ki polo. Kito, ki bym lap por ban leit ot nuit ki shu ainong. Ki thep nuit haduh ban da rben bha. Ka sniang ne ki sniang ki ruh ki kyrniom ki eit bad pynjhieh halor kine ki niut. Haba kine ki nuit ki la lwet bad jem bad lam pyut, ki khat bad *khalah* da u mohkhiew ne borsha ha syndah kut, sniang. Ia kane ki khot ka *khyllie sbah*. Nangta ki thep biang da kawer pat ka nuit kumba mynshuwa. Haba kane kaba dang thep thymmai ka la lwet, bad ka la ia khleh bad ka eit sniang, um pynjhieh bad ruh ki jingbam kiba tam ba lait na khongoi, ki khat pa khat bad *khalah* hajuh. Da kaba iai leh kumne, ki nong ri sniang kiba don tang kawei ne uwei u sniang ruh, ki lah ban ioh sbah ym duna shi trok shiteng ne ar trok ka sbah ha ka shisnem.

Ka jingpyndonkam : Ka sbah ha kane ka juk jong ngi ka long kaha donkam haduh katta katta. Ha ki por kham mynshuwa, ka khyndew ka dang shrah bad kiba bun ki jingthung ki biang sbah tang na ka khyndew. Hynrei mynta bun na ki jingthung kim biang sbah shuh tang na ka khyndew laia ym da ai sbah ia ki.

Don kiha pyrkhath ba kane ka jingdon'am sbah ka dei ia ki nongrep phan, rep jhur bad rep riwadam etc. hynrei kam long kumta. Baroh ki jait jingrep ki donkam sbah naduh ki dieng soh, ka kait, u phan karo, shriew etc. Lada ngi lah ban ai sbah ia ki, ka jingpynmih kan long khlem artatien kaba kham bun shah ban ia kaba khlem ai sbah.

Hynrei ka sbah ruh mynta ka long kaba rem dor eh. Ka sbah eit masi ka shongdor hapdeng Rs 800⁰- bad Rs. 1000⁰- shitrok. Kumta lada dei ban thied, ka long kaba eh shibun ia u paid non₂rep.

Ia ka sniang kumba la ong, ngi ia ri sniang baroh ha ri lum riwar bad ri Bhoi. Kumba la ia kren sha khmat, ka sboh sniang ka long kaba kordor eh. Kumba la kdew haneng, lah ban ioh sboh la ka jong tang da kaba shu trei shitom sa khyridiat kata ban ker kut ia ka sniang bad ban ot nuit man ka tong ban thep ha sem sniang. Lyngba ine i jingthoh la sngew dei ban ia pashat jingmut lem, ba kito ki bym pat ju shna sboh sniang ka sem, kumba la ia pyni to yn ia sdang noh, khnang ba ngin ioh sboh ban ai ia ki jhur, u phan, ki diengsoh, ka kait, u sying, ki phan karo, ka shriew, etc, Sa kawai ruh, lada ngi leh minot ban buh nuit, wat lada ngim don kam ia lade ruh, ngi lah ban shu die noh. Da kaba leh kumne, ka jingmih na ka sboh sniang ka lah ban iaryngkat bad ka dor kaba ngi die ia u sniang.

O-O-O-O-O

Ka Thaw Ka Wet Ha Garo Hills

Ha ki Nongkyndong ka Garo Hills, ka jingpyndonkam ia u siej ka don bun rukom. Don napdeng ki nongthain jingthain kiba ni kti shibun eh, bad ki lah ban thain ki tiar kiba itynnad shibun eh.

Ha ine i jingthoh yn ym da ai bniah shaphang ka thaw ka wet ha Garo hills, hynrei yn shu jer tang katto katne ki jait jingshna kiba kham ia pyndonkam paidbah.

Ka jingshna Pakha : Bun ha ki nongkyndong ka Garo Hills ki shna pakha na ka bynta ban pyndonkam ia lade. Don napdeng kiba nang ban shna itynnad haduh katta katta. Kine ki pakha lada lah ban thaw bad ban kham pynbha lehse ki lah ban laid ha ki iew ki hat shabar ka jylla ruh.

Jingpyndonkam : Ia kine ki pakha, ju pyndonkam tang ban kaweh haba shit eh.

U Shylliah ; U shylliah u don bun jait; ki ju thain ban pyndonkam ha kaba siangthiah, thaw sad etc.

Ki shang : Don bun jait ki jait shang ba la shna na ka bynta ki jingpyndonkam ba pher ba pher.

1. U Kudu : Une u dei u jait shang uba ki pyndonkam ha kaba thew khaw.

2. U Machek : Une u dei u jait shang uba ki thep kba synbai bad kieng ha krung haba thung kba.

3. U Tora : Une u dei uwei pat u jait shang uba heh bha uba ki pyndonkam ban kit kba.

4. Ka Jam : Ka dei ka kynja thiar ha kaba ki buh kha ha ing. Kumta haba la dep lum ia u kba u khaw, ki thep ha kane ka *Jam* ba la shna na u siej.

— X X—X—

KA JINGSHNA KHARSIK

Ka Kharsik ka dei ka kynja dpei ba la shna khnang baa ioh pyndonkam ha kiba bun rukom. Ia kane la shna na ka koh kait kaba la pyntyrykhong, u siej, bad kiwei kiwei ki jyn-tang. Hynrei ka Kharsik kaba bha tam ka dei kaba ioh na ka *kop kalt*.

Ka Kharsik ka ioh ki kyrteng kiba pher ha ki jaka ba pher jing kine ki thain lam mihngi Ha Assam la khot ia ka, ka *khar*, Ha Garo Hills ki khot ka *Katchi* lane ka *Ritchi*. Ha ri Bhoi khap Assam ki khot ka Kharsik.

Ka rukom shna : Ban ioh ia ka kharsik, ki mar kiba kongsan ki long kine:—

Ka kob kait kaba la thad tyrkhong bha bad haba ka la rkhiang ki thang ia ka. Kawei pat ka jingshna ka' dei na u lung siej. U siej u dei ban long uba dang hapoh shisnem karta Ia une u lung, ki ot rit bad thad haduh ba un da rkhiang bha. Haba u la rkhiang ki thang. Ha Assam don ruh kiba thang da u jyntang kba bad kiwei kiwei ki jyntang.

Ia kane ka dpei ki lum ha u khiew lane borti. Ha Garo Hills ki lum ha ka kriaah bala shna kyrpang na ka bynta ka ne ka kam kaba ki khot ka *Gengreng*.

Jingpynkhuid : Ka rukom pynkhuid ne jiar ban ioh ia ka um (sirka) ka pher na kawei sha kawei ka jaka. Ha Garo Hills ki shna da ka kynja ruh kaba syriem ia ka shar kaba ki khot ka *Gengreng*. Don pat kiba jiar ia ka da kaba shna ki jingjiar da u khiew etc. Hynrei ka jingthmu kaba kongsan ka long ba ioh ia ka um kaba la jiar khuid. Haba la dep jiar lumne, ka la biang ban pyndonkam.

Ka jingdonkam : Ia kane ka Kharsik, ju pyndonkam ha ki bun rukom ha ki nongkyndong.

1. Ju shet ha ki kynja doh, jhur etc. kiba eh khnang ha kin jem klooi, kum ka doh, ki jhur ki kynja dai, hur-shriew, etc.

2. Ju pyndonkam ha kaba sait ia ki jain, tangba ju pyndonkam tang ia ki jain kynphad bad ryndia. Haba sait bad kane, kam ju pynsniew ia ki jain,

3. Ju pyndankam ha kaba shet ia u sop khniang ryndia (Eri cocoons) ha shuwa ban thir ksai. La leh ia kane khnang ban pynjem ia u sop bad suk ban thir ksai.

4 Ha ki katto katne ki ja'a ha ri Bhoi, ki pyndonkam ruh ha kaba wieh rong iong ia ki jain.

5. Ka long ruh kaba bha na ka bynta ka kpoh haba dap lyer ne ba sngew thlia kpoh

Kane ka dei ka jingtrei kaba la ju don naduh hyndai hyn-thai. Ka long ka jait jingtrei, lehse kaba ym da i myntoi, hynrei lehse ka long kaba donkam eh ha ing ha sem. Kumta ka long ruh kaba dei ban pynneh pynsah ia ka.

× × × × ×

KA JINGREP SIEJ

U Siej u dei uwei na ki mar khlaw uba heh-kur heh-jait bad la ju khot kyllum ia ki baroh da ka juh ka kyrteng "Siej" Katba lah ban lum, ki siej ki don haduh kumba 27 ne 28 jait. Kumba shu jer katto katne na ki lah ban ai kumne :

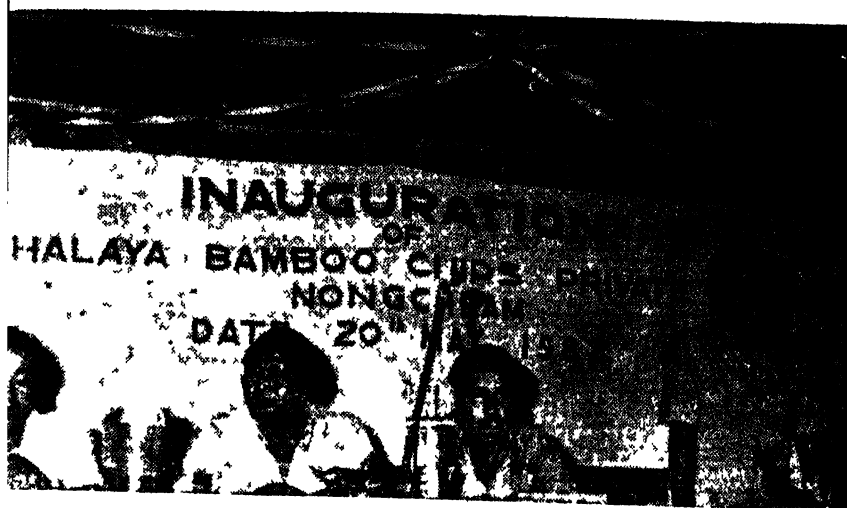
(1) U Stew (2) U Spit (3) U Spar (4) U Sylli (5) U Namlang (6) U Tmar (7) U Shken (8) U Rnai (9) U Ktang (10) U Tyra (11) U Tyrlaw (12) U Shlu (13) U Sba (14) U Rihaw (15) U Pantabat (16) U Muri (17) U Siej lieh (18) U Muij (19) U Rthem (20) U Dongla (21) U Rnai Shilot (22) U Tanglar (23) U Tyra Bhoi (24) U Siej Naga (25) U Japung (26) U Lynnai (27) U Lynseng (28) U Kdait.

Lada ia kren bniah shaphang u siej, kan biang ban pyn-mih kawei ka kitab kaba kyrpang. Kumta ha kane ka lynseng, ngin ia kren tang shaphang ka rep Siej.

Ha kiba bun ki bynta ka Meghalaya, ia u siej kim ju thung, namar ba u siej u pynphriang symbai hi da lade. Hynrei ki don bun ruh ki jaka kiba ki nongrep ki da thung tista bad thung bun ruh ia u. Ki jait siej kiba ki kham ia thung paidbah ki dei u Shken, u Rnai, u ktang etc. ki da thung kumne namar ba ki pyndonkam bun ha *ka thaw ka wet*.

Donkam kyrkieh ban thung siej : Ka jingpyndonkam siej tang ha Meghalaya, shisngi-shisngi ka long lehse da ki hajar ton, Kane ka kynthup ha kaba thaw ki khoh, ki kriaah, ki shang, ka jingshna ing shna sem, ka jingpyndonkam ki contractor, etc. Lada khein lei ia ka jingpynduh ha kaba rep shyrtie khlaw, te ym lah khein shuh. Kawei pat ka jingpynduh ka ba shyrkhei ia u siej ka dei kaba bam ia u *khoit siej*. Ha ka por ba u siej u kha khun ha ki bnai Naitung-haduh Nailur, ki ong 'bam lung siej' bad ia bam paitbah ia u. Ki don ruh bun bah ki shnong kiba pdem lung siej ha ki khoh khnang ban ioh bam lung ha duh 5 ne 6 bnai. Kawei kawei ka ing, ka jingpdem lung siej ka long hapdeng 15 bad 25 khoh. Lehse ngin sngew phylla ban tip ba tang hangne ha ri Khasi, ym duna ia ka 500 ing, kiba pdem lung siej shi-shi aiom.

Nalor kitei ba la jer dang don bun kiwei ki jingpyndonkam ia u Siej. Hynrei ka jingpyndonkam kaba *radbuh* ia u siej ka ap sha khmat, kata ka long ka jingpyndonkam ha ki karkhana. Ki jylla ba marjan kum ka Assam ki la don ar tylli ki Karkhana shna kot sada ha Jagi Road bad Cachar. Kine ki karkhana ki dei napdeng kiba heh tam ha ka pyrthei. Ha Naga Landi kum kane ka karkhana ka la don ha Tuli. Ka por lehse kam slem shuh ba yn sa nang don kum kine ki karkhana ha kane ka jylla Meghalaya, bad kiwei ki jylla ba marjan.



La plie ia ka Meghalaya Bamboo chips Plant ha Nongcham.



Ki jingtrei kti (handicraft) na Meghalaya ha ka Indian International Trade Fair New Delhi 1981

Kine ki Karkhana shna kot sada, kin ym dap siej tang na la ka jylla, hynrei kin sa donkam ia ka jingiapyndap siej lem ki jylla ba marjan. Ha ki karkhana shna kot sada, ki pyndon kam ruh ia ki dieng, hynrei ka jingpyndonkam siej ruh kan long kaba jur man ka sngi.

Ha Meghalaya, ngi la don mynta kawei ka karkhana 'Ka Meghalaya Bamboo Chips Plant ha Nongchram (East Garo Hill) ia kaba la plie ha ka 20th May, 1932. Hangne ruh ka jingpyndonkam siej ka long kaba jur man ka sngi.

Ngi sngew sarong ba ha kane ka juk kaba ka Science ka la iiii shaphrang, ngi la nang ban pyndonkam ia u siej ha ki bun rukom na ka bynta ka jingmyntoi jong ngi hi bad ruh jong u paid ka ri. Na ka bynta ban pynbiang ia kine ki jingdonkam siej, ki ban nang jur nangne sha khmat, kan long kata myntoi, ba ngin ia thung siej shibun shibun.

Uba suk ban rep : U siej u long u jingthung uba suk ban rep, shisien ba la thung u tynrai u neh da ki phew snem.

Ka por thung : Ha ki jaka ba ioh slap kloi (kum ka thain Sohra) ka biang eh ban thung siej ha u April-May. Ha Upper Sh llong, pat ka biang ban thung ha u May-June. Ha ki thain ri Bhoi ruh ka biang ha kine ki bnai.

U Tynrai : Dei ban thung da u khun (Sucker) uba dang lung kumba 7 ne 8 bnai, kata uba dang shu lah kha ha ki bnai synrai myn shem snem.

Ki Nongpynduh : Na kiba pynsniew eh ia u siej na ka Mariang dei u kyrtiah. U Kyrtiah u ju wan ha ki bnai September-October. Haba wan poi u kyrtiah kdiah ki siej lung da ki

spah bad ki hajar bad u siei u kylla 'liarngot. Na ki kynja khniang pat, kaba pynsniew eh ia u siej dei ka Niangshkiah. U luta jong kane ka khniang u long uba nep. Ka ju sam ia u lung siej bad u siej u pei thiew, u kdor bad um bha shuh ban pyndonkam.

Jingiada : Ban iada na u ky-tiah lehse ka long, ban thung da ki dieng na ka liang ba wan ka lyer. Na ka bynta ka Niangshkiah, kaba bha eh ka long ban leit jngoh ha ki taiew ba u dang lung u siej.

U Siej u long ka spah ba kordor ia ki nongdon siej bad ruh ia ka Ri bad ka jait bynriew. Lada ngi shaniah tang ha ki siej khlaw, kan poi ka por ba ngin ym ioh siej shuh. Namar kata, kito kiba don jaka, to ngin ia thung siej shibun-shilun.

X O X O X O

KI PYNRIEWSPAHA IA KA KTIAN

I Pahep Radhon Singh Berry ha ka jingthoh jong i kaba mih ha "U Khasi mynta" Jymmag 1, 1986, i ong kumne :—

"... .. bad ia fi ktien rim baroh ruh ngi dei ban pynmih ha ki jingtren bad ha ki jingthoh jong ngi, ba kin ym lngaw bad num siam jynduh."

Katei ka jingong jong une u Riew Rangbah ka long kaba dei eh. Ha katei ka juh ka jingthoh i la pyarung bun bha ki 'tien rim - kum bun shu jer khyndiat tylli kumne :—

Ka ktien tlu, nawrang, jawliaw, thwat, kyoh, pyoh, ryang, sya, syu, rwa, skut, kler, lper, pdah, prong, plar, sngai, snai etc.

Ki jingtrei jingktah kiba ngi fi ju don. ki la *pynnoh synniang* bad ki la *kyntiew kyndang* shibun ha kaba pynriewspah ia ka ktien Khasi Lada lawei ka jingtrei bynrap ka duh noh, ym duna ia ka 30 ne 40 tylli ki ktien ruh kin *lngaw* noh bad saki suki kin sa duh jynduh jyndam. Ong mynta, lada ka kam thain jain ka duh noh, ki ktien kin duh kumba 50 tylli. Lada ka rep krai ka duh, ngin duh noh ia ki ktien palat 60 tylli, lada duh noh ka rep shriew, kin jah lang ki ktien ym duna ia ka 40 tylli bad kumta ter ter. Khlem da kren pyntam, lada duh noh, lane ngi iehnoh, 20 tylli ki jingtrei bynrap- ngin duh noh ia ka ktien Khasi ym duna ia ka 500 tylli ki ktien lane kyntien. Kumta haba ngi pynneh ia kine ki jingtrei, ngi pynneh pynsah ruh ia ki ktien rim.

Kum ka nongmuna, to ngim sei tang khyndiat tylli ki *syntiew ktien* (phrase and idiom) Khasi kiba ngi ioh na ki jingtrei ba ngi ju don.

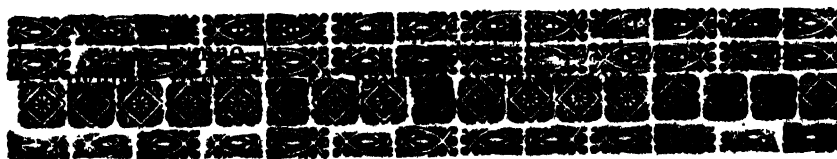
1. *Kyntang iawai* : Ka ktien kyntang la pyndonkam bha ha ka kam thain *iarong* thain *iadep* bad thain jain *ryndia*. Ia ka jain *ryndia* ynda haba la cep thain da u sai ryndia. ki *kyntang* (thain pyakut) da u 'sai kynphad. Ia ka iarong bad iadep ki

ju kyntang da u Stein lane 'Sai Sohtrun. Ka *Kyntang* ka dei ka bynta kaba ki da thain ni bad itynnad shibun. Kumta sa ioh ia ka ktien "*Kyntang iawai*"

2. U Kher U Mar : Ia kane ngi ioh na ka kam rep. Ha ki jingrep Krai; Shriew; Phan kero etc. kim ju rep marvei, hynrei ki rep ia bun, kiamtan haba dei ka jaka kaba *shih phingmad*. Ia kine ki lyngkha kim ju don mawpud. Hynrei ki pom tang u Kher. Une u kher u jrong tang kumba 2 phut na khyndew bad u jngai uwei ha uwei u kher man ka 15 ne 20 pruh. Ka long kaba sang ban tab kher. Kumta para ba iarap lang ki ia-long para kher. Dei na kane, ba sa ioh ia ka ktien *Para kher para mer*.

Knor :— Ka knor ka dei kaba pyndonkam ha ka rep. Kane ka knor ka heh ym duna ia ka ar pruh shiteng la lai pruh lane lai pruh shiteng. Ha ka por ba phon krai ki rangbah nongphen krai ki iashong kyrrhai na sha khmat bad baroh ar-liang krung ka knor (kim ju shong shadien ka knor). Ha ka por ba rah ia ka knor ban theh ia u krai ha *pdeng* ki da risa lang shaw nangta bud de sa ka phawar, Ia ka knor ki kyntiew ha ka jingrong kumba 3 phut na tbian bad ka dei ka *pdeng* jong ki jingiakren ia khana jong ki nong phon krai. Haduh mynta mynne ki dang don hangne hangtai kiba pyndonkam ia ka knor wat la kiba bun ki la klet ia ka. Lada ngi klet noh ia ka knor, ngin klet lang ruh ia ka rukom risa bad phawar iuh krai.

4. Pha :— Ia ka ktien *pha* pat la ioh na ka kam thaw jingthaw. Haba thaw *khoh* bad thain ruh, donkam ka *khoh pha* bad ka *ruh pha*. Ia kine ki *khoh pha*, lane ruh pha, kim ju leit die sha iew lane kim ju kit jingkit. Ki shn sah *ruh pha* ne *khoh pha* haduh ba kin da jot. Dei na kane imat ba sa ioh ia ka ktien "*Pha la ka jingim*".



Nalor kine to ngia ia peit ia ki katto katne ki ktien kiba ia pyndonkam ha ki jingtrei ba ia pher bad ngin ym ioh ia ki lynda don kita ki jingtrei.

Ha ka Thain jain : Tasong jain, jingki ne jymphong, pakhar tympha, khyrwan, panila iong, phali, pha kshaid, Ryndia tlem, ryndia thoh saw thoh stem, jyrpan, jympan, thoh saru; u syrnai (tassel), wet, lyntang etc.

Ka thaw khoh : khoh tyndaw, khoh hiar, khoh broh, khoh krong, snap, kyrwiang, shisien sieh; ar sien sieh, jongdang, tir shken, etc etc.

Rep raishan : khum raishan, kynther raishan; ka pang shyngiar. Ha ka rep sohphlang pat ngi ioh: langkhud, khai soh phlang, tdong sohphlang, u soh-pet sohphlang (ba long dawai) kynruh sohphlang etc.

Ka kam ri ngap : Ha ka kam ri ngap ngi loh ia kine ki ktien : sympa, sympa maw, sar sympa, sar ksing, u ja ngap, u pling, ka rew ngap, u ngap tem, u ngap tung, khlad kiaw, ksing pyllun, pot bri, pynshad khun etc etc.

Ha ka rep riew hadem pat, haba u la phuh, ym ju ong u la phuh syntiew hynrei ngi ong, *u la sei symphiah* haba u la sdang soh pat ym ju ong u la soh, hynrei ki ong u la *bah khun*.

Ka long ruh kaba sngew sammut ia ka jingriewspah ktien ha ki jingtrei jingktah. Ia ka kait ngi thung da ka *khun kait* katba ka *kait khun* pat ka dei kaba ngi ai ban bam ki *khunlung*. Ia ka kait kaba ih ha dieng ki ong *ih ieng*. Ia ka kait kaba dang sdang ih ki ong *ih shamal*, nangta *ka la ih*, nangta pat *ka ih syuh*. Ka kait kaba la ih syuh ka *thiang sngai*.

Ia u pai ki thung da u *shaipai*, ia u phankaro ngi thung da u thning, ia ka shriew ngi thung da ka *riew khun* bad ka *riew khmat*, ia u rai truh ngi bet da u *plu*. Ia u *rnai* ngim ju thung hyarei ngi shu bet. Ia u shynrai ki thung da u *iw*.

Ia u pai ym ju ong bam pai hynrei *jap pai*. Ia u sohriew pat ngi ong *sip sohriew* hynrei haba la kynrut ngi ong u *khaw sohriew*. Haba bam ia u khaw sohriew pat ngi ong *biat khaw sohriew* ym ju ong bam khaw sohriew

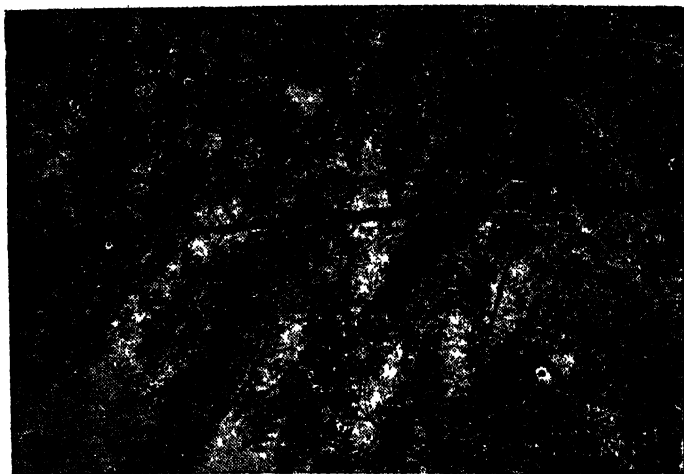
Ia u krai pat haba la kynrut ki ong u kyndeh. Ia ka ja ruh ym shym ong ka ja krai, hynrei ka ja *kyndeh*. Haba shet ja kyndeh dei ban da king da ka *siang nuid*.

Ia ka shriew haba la kynrut bad shet ja kim ong ka ja shriew hynrei ka *ja mawbam*.

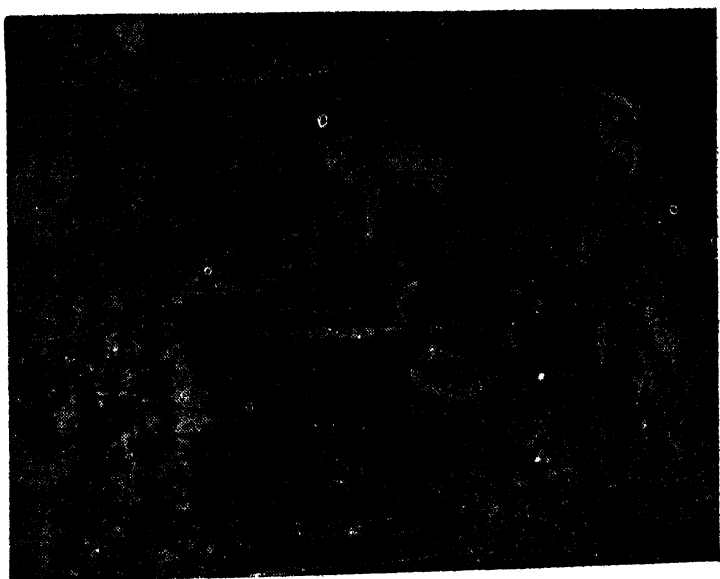
Ia ka shriew *ju thung jymmew lane thung lyngki*. Haba thung *jymmew* ka kha khun bun bha, hynrei haba thung *lyngki* kam ju don khun lane khun khyndiat, lada ngi kwah ban pynroi ngi shu thung *jymmew*. Lada thung *lyngki* ngi ioh duna 'riew symbai.

Kine ba la ai hangne, la shu sot tang khyndiat tylli khnarg ban pyni, kumno ki jingtrei jingtah ki pynriewspah ktien, ka trei ka beng ka long ruh kaba pynneh pynsah ia ka Kolshor (Culture) jong ngi.

X X X X X X



Ka Dieng Jaluh ha San Mer. Tipp. Shillong
kaba dang 6 anam la ria



Ha trai u dieng muga Ki ap ioh leit kiew i dkhiew bad
bama ia ki khniang muga symbai (Mekadop W t Kh. si Hills)

Khyndiat ia ka kam ri khniang Rusom ha ri Bhoi

Ka kam ri khniang ka dei kawei na ki jingtrei bynrap kiba la ju don naduh hyndai kulong kumah ha ri lum jongngi

Ha kane ka lynnong ngin ym ia kren shaphang ka rukom ri khniang, namar ka long kaba bun kiei kiei ban ia kren. Hynrei yn shu shim ia kine ki mat lyngkhot lyngkhet.

1. Ki jait khniang Rusom.
2. Ki jingbam jongki.
3. Ki jaka ri khniang.
4. Ki jait jain ba ioh na ki.

1. **Ki jait khniang** :— Ki don saw jait ki khniang Rusom kita ki long (1) U Khniang Rusom Sohlyng lkhur (Mulberry Silk Worm) (2) U Khniang Ryndia (Eri Silk Worm) (3) U khniang Muga (Muga Silk Worm) bad (4) U khniang Tasar. Ha kane ka lynnong ngin ia kren shwa tang shaphang u khniang Ryndia bad u khniang Muga.

(b) **U khniang Ryndia** :— Ki jingbam ba kongsan jong ki ne ki khniang ki dei ka sla ryndia (castor) ka lakynjor, u sla phandieng, ka payam, (ka sngiat). Nalor kine lada duna jingbam ki bsa ruh da ki sla dieng khlaw kum ka sla lphing etc. Ha West Khasi Hills, ki don ki dieng bha. U dieng ka Phiang, Tushlein, ka Lpong ka Wahnaw etc. Ia ki dieng na khlaw, ki bsa tang lada duna sla ryndia etc.

(c). **U Khniang Muga** : Ia u khniang Muga, la bsa da u sla jong u dieng Muga (Sualu), sa uwei de uba ki khot u Som. Ha Meghalaya, unu u dieng Muga u mih kynrei ha ri Bhoi, Ri War bad wat ha ri khriat ruh. Ha Shillong haduh Mawlai Umjaiur u dieng Muga u heh u plung bha. U dieng Som ki thung ha ki Farm Sorkar. Ia u khniang Muga, ki ri beit ha kine ki dieng, ym dei kumba leh ia kiwei ki jait khniang rusom kiba dei ban ri hapoh ing. Ka dieng Jalu (Labraceae litsea citrala) ka dei kawei na ki dieng kiba ki bsa ia u khniang Muga. Ha ki por hyndai, ha ka por ki Syiem Ahom, la ong ba la ka jain muga kaba ioh na ki khniang kiba bsa da ka sla jalu, ki kup tang ki Syiem. Kane ka dieng ka mih kynrei ha ri lum jong ngi. Ka long ka dieng kaba kordor eh bad la pynleit kam ha kiba bun rukom.

Ki Jaka Ki Khniang : Ia ki khniang Ryndia (Eri Silk Worm) la ri naduh hyndai hynthai bad haduh mynta ha ki bynta ba shatei ka Ri Bhoi kiba ia khap bad ka Assam. Kane ka kynthup naduh ri Jaintia ter-ter haduh West Khasi Hills bad ha Garo Hills. Ka jingpymih sop khniang Ryndia na kine ki jaka ka long da ki phéw hajar kilo shisnem shisnem.

Lehse ka long kaba dei ban kynthoh khyndiat. ba ki nong-ri khniang ha Jaintia Hills bad East Khasi Hills, ki thain jain hi na ki sop khniang ryndia kiba ki ioh na kaba ri ia ki. Hynrei ha West Khasi Hills pat, ki die lut ia ki sha Assam, lait tang iwei ne ar ki shnong kun ha Umsarliang kaba ki dang thain jain bha. Ha Tyngkor ruh ki thain, tangba hangto ki kham thain ia ki pla.

Ia u khniang muga, ki ri bun bha ha West Khasi Hills. Lah ban jer katto katne ki shnong kum ka Umsohpieng, Nongmyndo, Mawkumkha, Nongmawlein, Mekadop, Upper Rangsa, Nongshyap, Mallangkona, Debatrop, Dilbot, Nonghadok etc etc. Haba shu ong kyllum, ka jur bha ha ki thain ka Aradonga bad Mallangkona. Ki sop khniang Muga liba pynmih na West Khasi Hills ki long kiba bha eh. Uwei u nongri khniang u iathuh ba ki mahajon ki kham thied rem ia u sop khniang muga uba mih na ri lum ban ia u sop khniang Muga uba ki pynmih na ri thor.

Ki jait jain : Ki jain kiba ki ioh na u khniang ryndia ki dei ka ryndia tlem, ka ryndia thoh - saw thoh - stem, ka ryndia khyrwang, ka khyrwang ka panila iong, ka thoh saru etc. etc.

Ki jain kiba ngi ioh na u khniang muga lah ban jer kum-ne. Hapdeng ki khasi ngi ioh ia ka dhara, ka jain spong jainboh, jain sopripoh, ki ksai Duitara, ksai kawai etc.

Nangta ha ka riam Shala, ka jain it ka dei da ka muga. Hapdeng ki Garo pat, ka sari, dakmanda etc. Hapdeng ki Asamese pat ka Megkhela chadar, Riha, jain spong, jainboh, muji, blouse etc.

Kine ki khniang rusem ki don ka bynta kaba kongsan ha ka kup ka phong jong ngi. Ki ioh ruh ka bynta kaba khrav ha ka Kolshor jongngi.

" M E G " F R U I T P R O D U C T S

Quality Fruit Products such as Pineapple

KA JINGDON KI BOR BAN TEI LA KA MET HA

		Moisture (g)	Protein (g)	Fat (Ether- Extractive (g)	Carbohydrates (g)	Calcium (g)	Phosphorous (g)	Iron (mg)	Caloric Value (K. Cal)	Vitamin 4 (g)
Phan karo	68.5	1.2.	0.3	31.10	0.02	0.05	0.08	132	...
Phan jata, Phan50	.34	0.06	...	260
Shynreh etc.										
Ka Shriew35	20	1.3	...	78
Raitruh	11.5	9.7	4.7	63.7	0.02	0.36	7.1	327	0.21
Raishan	11.2	12.3	4.7	60.6	0.03	0.24	6.3	334	0.54
Raiseh	12.4	11.6	5.6	67.1	0.05	0.35	8.8	360	...
Alarut (arrow root)	16.5	0.2	0.1	83.1	0.01	0.62	1.0	334	...
Sohkynphor	09.6	0.5	0.1	9.5	0.01	0.01	0.4	40	...
Ka Kait	61.4	1.3	0.2	36.4	0.01	0.05	0.4	153	...
Phan Dieng	59.4	9.7	0.2	38.7	0.05	0.05	0.09	159	...
Rymbai Ktung	8.1	43.2	19.5	20.9	0.24	0.69	11.5	432	...
Riewhadem ba la tylliat	9.6	5.5	56.4	0.01	0.30	1.8	314	62
Riewhadem										
Lung	79.4	4.3	0.05	15.1	0.10	0.10	0.7	82	...
Riewhadem thad	14.9	11.1	7.6	62.8	0.15	0.38	3.8	374	...

Ki Jaka Ki Khniang : la ki khniang Ryndia (Eri Silk Worm)
 la ri naduh hyndai hvnthai had had', bynta ba
 -1

" M E G " FRUIT PRODUCTS

Quality Fruit Products such as Pineapple Rings, Pineapple Titbits, Orange, Lemon and Pineapple Juice and Squashes, Jams and Jellies of various Fruits and many other savoury items are the speciality of our Fruit Products under the trade name " M E G ".

All these are processed and preserved Under hygienic condition in the Meghalaya Government Fruit Preservation Factories from the Nourishing Fruits grown on the slopes of Meghalaya Packed in convenient sizes with attractive commission for Bulk Purchasars.

**For detailed particulars of supply and prices etc. Please contact : THE FRUIT TECHNOLOGICAL OFFICER,
Fruits Garden,
Shillong-793003 (Meghalaya).**

Issued by :

**THE AGRICULTURAL INFORMATION WING,
DIRECTORATE OF AGRICULTURE,
MEGHALAYA, Fruits Garden, Shillong-3.**



WHAT IS A COOPERATIVE SOCIETY ?

1. A Cooperative Society is an economic enterprise which can be started by any ten or more persons by coming together and registering their organisation under the Cooperative Societies Act
2. Various types of Cooperative Societies can be formed by the members coming together as stated at (1) above.
3. The primary aim of Cooperative Societies is to render various services to its members as well as to non-members.
4. Cooperative Societies are formed for distribution of consumer goods in urban and rural areas, marketing of agricultural produce of farmers from the production areas, and giving loans to members for utilisation for productive purposes in agriculture and other allied activities, distribution of fertilizers and other agriculture inputs, rendering agro-custom hiring services to farmers, and also for various other purposes.
5. Cooperative Societies registered under (1) above can avail various concessions and facilities in the form of soft loans, subsidies from Nation 1 Cooperative Development Corporation and other organisations.
6. In Meghalaya we have Transport Cooperatives, Industrial Cooperatives, Credit Cooperatives, Marketing Cooperatives, Thrift Societies, Joint Farming Cooperatives and various other types of coop-eratives suited to specific needs of the members.

If you are interested to organise a cooperative Society you may contact the Registrar of Cooperative Societies, Shillong or Assistant Registrar of Cooperative Societies, in the Districts who will guide and help in organising whenever you require.

Issued by :-

**the Registrar of Cooperative Societies,
Government of Meghalaya.
Shillong.**

KA FISHERIES DEPARTMENT

Kan ai jingiarap na ka bynta ka kam ri dohkha bad kan ai jingmut lada don ki jingeh ki ba phi ia kynduh ha kane ka liang.

Kan da peit bniah ia ka jaka kaba bit ban shna pung dohkha.

Kan ai da ki jait symbai dohkha kiba iadei kat lum ka jinglong ki jaka.

Kan iarap ban ai jingsumar bad ban iada ia ia ki dohkha na ki jingrang.

Kan ai jinghi-ai shaphang ka rukom ri dohkha.

Ka kam ri dohkha kan iarap ban kyntiew ia ka ioh ka kot bad pynioh ka jingtei ia ka met jong phi.

Na ka bynta ki jingtip ba kham bniah leit ia kynduh ia ki nongtrei/ jong kane ka Department ha ki office/Block kiba don hajan ch jongphi.

La pynmh da ka :—
Fishery Information wing
Directorate of Fisheries
Meghalaya, Shillong.

The Town and Country Planning Department since its inception is making concerted efforts to provide a healthy living environment in all the towns of the State.

Recently the Department has extended its activities of improving the villages and sub-urban areas of the Towns.

So far Development Plan of (6) Urban Centres have been prepared and comprehensive plan for three villages have been started.

34 (thirty four) Slum areas have been identified or Environmental Schemes. The sixth plan target of 20,000 persons have already been exceeded and 20,589 persons have been covered under the Environmental Improvement of Slum Areas Schemes.

Under the Centrally Sponsored Scheme of Integrated Development of Small and Medium Towns, the shopping centres at Malki and Mawlai have been completed

Our goal is to provide a humane environment in all our towns and villages. We have just made a beginning. We are determined to reach our goal with co-operation of one and all.

Issued by : Directorate of Town and Country Planning.

**THE MEGHALAYA INDUSTRIAL DEVELOPMENT
CORPORATION LTD.
Shillong.**

Invites Entrepreneours to implement projects based on Rich mineral and forest resources of Meghalaya in public and joint sectors. Concessional loans Available from all India financial institutions. Attractive Incentives also available.

Contact

Meghalaya Industrial Development
Corporation Limited
'KISMAT' Upland Road,
Laitumkhrah, Shillong-733 003,
Post Box No -9

Meghalaya Housing Department is the biggest financing agency in the State for private housing. So far 1700 tenements have been built in the state with finances provided by the Department under the following Schemes :-

- (a) Middle Income Group Housing Scheme.
- (b) Low Income Group Housing Scheme.
- (c) Rental Housing Schemes
- (d) Subsidised Industrial Housing Schemes.

Developed sites have also been allotted by the Department on hire purchase Scheme on the anvil include Ready Built Houses under Hire purchase for various income categories and multi-storeyed Rental Houses for the towns.

Special attention is paid to the villagers and the Economically Weaker Sections of the Society by giving long term soft loans. The Department is also a fore-runner in this part of the country in experimental low cost housing.

Issued by :-

Directorate of Housing,
Government of Meghalaya, Shillong.

KA JINGSTAD BAD KA KHAYNDEW

Jingstad bad rukom im ba bha,
Jinglong tynrai u riew shisha,
La phi pyndonkam bha ne sniew,
Ka shong ha mon ba khlain u briew.

Katba nang laid ki sngi ki por,
Ka ai jingbun jingim ba kor
Ryngkat bad jingsuk jingryntih,
Jingroi imlang sahleng ban mih.

Kumjuh khyndew jingthaw janai,
Kan sei symbai u phniang,
Ka bam ka dih pynmih kyrhai,
Pynphuh pynphieng ia mei mariang.

Issued by :-

the Directorate of Soil Conservation,
MEGHALAYA, Shillong

J I N G P Y N B N A

Kane ka long ka jingpynbna ba ka Industrial Training Institute, Shillong kaba la ju don mynshwa ha ka iing Meter Factory jong ka Meghalaya State Electricity Board la pynkynriah noh mynta sha Umpling, Shillong Kane ka I.T.I. ka la trei kam mynta ha ki iing bad ki jaka ai jinghikai ba la shna kyrpang ha katei ka jaka. Ka jingai jinghikai (Session) ha kane ka skul, ka shait sdang ha ki bnai August/ September man ka snem. Kane ka I.T.I. ka ai jing pynbit ha kine ki phang haruin :—

- 1) Stenography
- 2) Electrician
- 3) Wireman
- 4) Welder
- 5) Fitter
- 6) Mechanic (Motor Vehicle)
- 7) Draughtsman (Civil).

LA PYNMIH DA KA OFFICE JONG KA DIRECTORATE OF
EMPLOYMENT & CRAFTSMEN TRAINING

Meghalaya : Shillong

KA RI JONG NGI KAN LONG KA RI KABA PAHUH PAHAI
LADA NGI LAH BAN PYNDONKAM JANAI IA KA SAP
RI JINGRI BAD IA KA JINGAI SBUN KA MARIANG KI
MASI, KI BLANG, KI SNIANG BAD KI SYIAR SYMBAI
KIBA BHA, KI LONG KA LAD RI JINGRI BAN PYNROI IA
KA IOH KA KOT JONG NGI.

NA KA BYNTA KI JINGTIP BA KHAM BNIAH PHI LAH
BAN IA KYNDUH IA KI OPHISAR JONG NGI KIBA DON
HA MAN LA KI DISTRICT BAD SUB-DIVISION.

LA PYNMIH DA KA :

INFORMATION WING,
DIRECTORATE A.H. & VETERINARY,
Meghalaya : Shillong.

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Book Seller

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by S Khongsit

2. Ki Drawing Book I, II, III by S. S. Swer

3. Ki Drawing Book IV, V, VI by B. C. Jyrwa

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MEGHALAYA

KA RI BASUK B4D'BA ITIHIANG

KA NANG IAIBEH SHAPHRANG

SHA KA JINGROI BAD JINGDAP BIANG

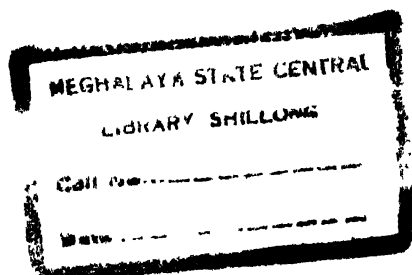
U PAID HA KANE KA JYLLA RILUM

U IMSNGI DNGONG BAN RI KYNDONG

IALA JINGLONG TYNRAI

KA JINGSHONGSUK, JINGBHA BAD

JINGLEHSBUN.



La Pynmh da ka
Directorate of Information & Public
Relations, Meghalaya, Shillong.

KA JINGBAM NA KA BYNTA SHISNGI IA KI BRIEW KI BA LA HEH RYTA BAD PALAT.

Jait Jingbam	Shynrang	Kvnthei
1. Cereal (Khaw, Atta)	250 gms	200 gms
2. Pulses (Dai, Motors, Phresbin).	60 gms	60 gms
3. Doh ne Dohkha	120 gms (4 d hot ki- ba shi inshi sawdong)	120 gms (4 dhot ki- ba shi inshi sawdong)
4. Pylleng	1 (Kawei)	1 (Kawei)
5. Jhur	300 gms (4 ne 5 shamoit heh u ba lah shet bad ki jhur ba bam im).	300 gms (4 re 5 sha- moit heh u ba la sher bad ki jhur ba bam im).
6. Umphniang	30ml (2 shamoit heh)	30ml (2 shamoit heh)
7. Dud (Maklon, Doi)	250ml (2 Pela)	250 ml (2 Pela).
8. Shini	15-20 gm (1-6 sha- moit sha)	15-20 gms (4-6 sha- moit sha)
9. Soh	2 tylli (Kum u soh niamtra, soh apple bad kiwei kiwei).	2 tylli (Kum u soh ni amtra soh apple bad kiwei kiwei)

Na ka bynta kito ki briew ki bym bam doh dei ban kham
pynbun da ka dud bad u Dai.

Ka jingbiang ka bam ka dih ia ki briew kiba la tymmen
kan irap shibun ha ka lang ka jinghot iingkhiah jong ki bad
ka jingieit burom bad niewkor kan nang ai bor shuh shuh ia ki.

La pynmih da ka
State Health Education Bureau,
Directorate of Health Services,
Meghalaya.

BAN KYNTIEW IA LA SERICULTURE BAD WEAVING IIA MEGHALAYA

1. La maitphang bun ki prokram ban pynioh kam ia ki brieve.
2. La thmu ban kyntiew ia baroh saw jait ki Rusom Mulberry, Eri, Muga bad Tasar.
3. La plie ki lad ai jinghikai ha kine ki jait kam.
4. La buh ki kper sara Sohlyngdkhur bad Muga khaang ban sam ha ki nongrep ha ka jylla.
5. Ia ki khniang symbai bad ki tiar ri khniang ba kham bha la pynioh ha ka dor kaba jem shibun.
6. La plie ki Domonstration-Cum-Production Centre ba dei ia ka Sericulture bad kam thain jain ha ki thain Border.
7. La plie ki Production Centre kiba ai jinghikai ban thain jain rusom run.
8. La sdang pyntrei kam ia ki Intensive Development ha ki kam thain jain.
9. La pynioh ha ki nongthain jain ki ksai kib bha, ki kor thain jain bad ki tiar ba iad lang ha ka dor kaba bit shibun.
10. Don ki lad ai jingiarap ia ki nongri khniang rusom bad ki nongthain jain.
11. Na ka bynta ban thied ia ki sop khniang bad ki jain ba la thain, ka pynbeit hi ka Department.

La pynmih da

Ka Directorate of Sericulture & Weaving,
Meghalaya, Shillong 793001.



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